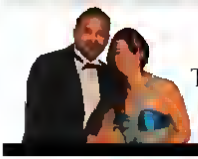
Chichester Herald

Friday 11 October 2013
YOUR FREE WEEKLY NEWSPAPER



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Win tickets to see Filth
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Plaudits in the Park

>> *Theatre in the Park hailed a success and asset to community*

Dan Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

DESCRIBED by the The Daily Telegraph as 'a magnificent touch of Wembley Stadium on the outside and most of the magic you associate with a big top within', Chichester Festival Theatre is now set to bid farewell to Theatre in the Park following an unforgettable summer in which the temporary auditorium was hailed as a triumph by audiences, critics and the local community.

It will take about three weeks for the auditorium to be taken down before being placed in storage while its future life is determined. Following the dismantling, the football pitch at Oaklands Park will be fully reinstated by Chichester District Council.

Approximately 100,000 people have enjoyed a range of productions and activities at Theatre in the Park during Festival 2013 including Barnum, Neville's Island, Jimmy Carr, The BBC Concert Orchestra, Sandi Toksvig, the University of Chichester Graduation ceremonies and various talks, workshops and tours.

The brand new, temporary auditorium was erected in June to keep audiences enthralled as the main Festival Theatre remained out of commission due to the £22 million RENEW redevelopment. Mirroring the Festival Theatre's auditorium, the building housed 1,400 seats and a thrust stage. It was installed in just eight days with the entire project completed in four weeks, situated a few minutes stroll across Oaklands Park from the Festival Theatre site.

The main priority was to ensure that the temporary theatre was of the highest possible

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Theatre in the Park set to come down

MORE HEADLINES >>

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GREEN LEADER VISITS WEST BOURNE 20S PLENTY CAMPAIGN *Page 12*

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standard, and this included the customer service that audiences received. Echoing the Olympic games makers' seen in London last summer, a special Theatre in the Park team was responsible for welcoming visitors and providing assistance at this unfamiliar venue. A fleet of golf buggies were provided to transport visitors to the site when needed.

This state-of-the-art pop-up venue was designed especially for Festival 2013 by architect Teresa Hoskyns and Mat Churchill, a theatre producer.

Four facts about Theatre in the Park:

- It's sustainable, re-usable structure was transported to the UK in 20 sea containers
- The auditorium with clear site lines was achieved through the innovative use of three elegant 3-D plasma-cut high tensile steel arches
- Ingeniously quiet air handling was developed with Helen Butcher at ARUP
- The structure consisted of a 52 metre diameter tent with a 26 tonne roof loading and 100mph wind rating.

Alan Finch, Executive Director at Chichester Festival Theatre said: "Deciding to build a temporary auditorium of this scale was a hugely ambitious, challenging and exciting project. It couldn't have been achieved without the vision and hard work of architect Teresa Hoskyns and theatre producer Mat Churchill, and the rest of Entourage Live, together with the team of engineers, builders and riggers at the Festival Theatre. We were also indebted to Chichester District Council for its unwavering support, which was echoed by numerous other people in the local community. We would like to extend a massive thank you to everyone involved.

"The positive response to the tent from audiences has been extremely gratifying and unprecedented during the time that Jonathan Church and I have been here. We hope that people will look back on their experiences of Theatre in the Park with fond memories. Everyone here certainly will – Theatre in the Park has been at the heart of an unforgettable summer for us all."

Schools could close

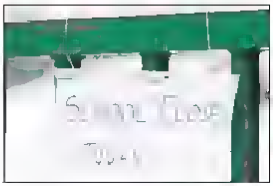
WEST Sussex County Council is warning parents to expect disruption to a large number of schools as two of the biggest teaching unions take industrial action later this month.

Members of the National Union of Teachers (NUT) and the National Association of Schoolmasters Union of Women Teachers (NASUWT) plan to strike on Thursday October 17.

Last time these two unions took similar action around 75 per cent of schools in West Sussex closed.

Parents are being advised to check with their child's school to see what impact the industrial action is likely to have and whether the school will be closed or partially closed to some classes.

Decisions about whether to close a school for the day are taken by individual headteachers and governing bodies. If a school remains open the headteacher and governing body need to check they have appropriate staffing arrangements in place in order to ensure the safety of pupils.



The County Council has stressed that the industrial action is the result of a national dispute between the Government and the teaching unions over which it has no local control.

People can find details of any school closures or partial closures on the County Council website – www.westsussex.gov.uk – by clicking on the green 'Grid for Learning' link.

Parents can also check on individual school websites.

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Aldwick became the focus of the British Empire when King George V convalesced at Craigwell House (now demolished) in 1929. He visited daily by pony to ignore a claim to the title Queen's

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@WhippedInBaked
"Did you know that Chichester has its own Clandestine Cake Club that meets monthly at a secret location to eat"

@GamingGoodness
"Hey Twitter folks.. I'm still looking for donations for my charity run for Chichester's Cat & Rabbit Rescue Centre"

@TheTipsyTeaCups
"#handmadehour Some of our collection is now available at Bosham Walk nr Chichester"

@CoastalWSJobs
"Chichester College Apprentice wins National award beating over 1 600 entries"

@ChiChamber
"@chiherald: Dean Adams picks up 'Listeners Award' o/b of @Spirit_FM listeners support towards the Chloe's New Legs"

Follow us: @chiherald

More news in the nineteen-seventies than there is now

Tommy Boyd
Legendary TV

NEXT ELECTION
The TV debates between leaders are the most interesting bits of a general elect on these days unless you count John Prescott thumping the big bloke who egged h m Would you not like N gel Farage up there with Dave Ed and Nick necking his pint and sucking his fag I hate UKIP but I like l fe to be interest ng.

NATIONALITY
I have dual national ty, ha ha if you don't what a bunch of stop at-h mes your ancestors were I could play football for Scotland and there have been t mes I would have walked into their team. My point s that nat onal ty is becoming blurred, international sport will end soon What was it Lennon said! No countries no war

REUNION
Went to a big reunion in London and was de ighted to discover that many people there thought I was dead Excellent, being dead is something we will all have to experience so it was like a taster They had mistaken me for a colleague who had taken to drink and died in a shop doorway in Ibiza I ment on this because it was a reunion of journalists people who are famous for getting their facts right...

IRONY
I chatted to Jon Snow from Channel 4 News about how the world has changed He agreed with me there was more news in the nineteen-seventies than there is now This is because the world is a better place than it was which is partly thanks to journalism and the med a in general

EXAMPLE
Suppose there had been Kate Adie go ng round the trenches in 1914 The public would have seen for themselves what the war was really like it would have ended by Christmas

OVEN CHIPS
For no reason I just want to say out loud aren't oven chips fantastic Better and better as they move closer to chip shop perfection

WHEELIE BINS
Doesn't an empty wine bottle dropping into one's wheel e at 7.00am sound loud

WEALD AND DOWNLAND
If you want a great day there's the open air museum on the way up towards Midhurst. It's built like a Tudor village and if you can get your head into t it's a real buzz They have authentic cottages that people lived in 500 years ago and will demonstrate how people spun wool and baked bread before we were all born I sat down on a bench (an authentic Tudor one) and two ladies who were visiting came and sat next to me They were both excuse me old. We talked about their lives and loves and losses and it made the three of us very happy One of the ladies talked about her late husband and how they laughed The second lady talked about how she had no family and how that was okay for her At Weald and Downland I learned that history is not about what people wore and how their spinning wheel worked it's about how their heart worked

JOKE
What's black and white and makes a lot of noise! A zebra with a drumkit.

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **300 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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Two charged after store detective hit by car

TWO people are to appear in court after a store detective was hit by a car as he tried to stop a suspected shoplifter.

The victim tried to stop a woman he believed had been stealing from Tesco in Fishbourne Road, Chichester, when she got into a blue Volkswagen Passat that had a man in the driving seat.

The store detective stood in front of the vehicle and was knocked onto the bonnet at about 10.45am on Thursday 19 September. The victim was carried on the bonnet for about 20 metres before he fell off.

David Benham, 47, of Kimmeridge Avenue, Poole, will appear at Worthing Magistrates' Court on 15 October charged with dangerous driving.

Elizabeth Benham, 42, of Kimmeridge Avenue, Poole, will appear at Worthing Magistrates' Court on 15 October charged with theft and assault.

Motorcyclist breaks leg in Petworth collision

A MOTORCYCLIST was left with a severe broken leg after crashing his bike on a busy road.

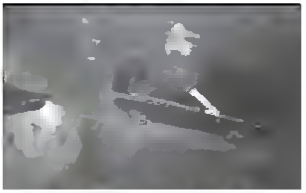
At 12.52pm on Saturday, October 5 a 37-year-old London man riding a black Honda motorcycle left the road and collided with a fence while travelling north on the A285 at Coultershaw Bridge, Station Road, Petworth.

He suffered a badly broken left leg and was taken by ambulance to St Richard's Hospital, Chichester, where he was detained for treatment.

The road was closed for approximately 90 minutes while emergency services dealt with the incident.

No other vehicle was involved and police are appealing for any witnesses to phone 101, quoting incident 824 of 5/10, or email collision.appeal@sussex.pnn.police.uk.

Vandals damage more than 50 cars around Bognor



POLICE are appealing for witnesses after more than 50 vehicles were damaged in a night by vandals.

Late on Saturday 5 October or early on Sunday 6 October offenders sprayed red paint on the sides of vehicles in more than a dozen roads from Felpham to Aldwick.

In each case a red line has been sprayed along the vehicles.

It is believed the damage may have been caused by three men or boys on bicycles.

No descriptions of the offenders are currently available other than that one had a distinctive reflective strip across his back.

The roads targeted include Pevensey Road, Highcroft Crescent, Merrion Avenue, Westloats Lane, Shripney Road, Ivy Lane, Kenilworth Road, Orchard Way, North Way, Gravits Lane, Mayfield Road, Sandymount Avenue and Waverley Road.

Sergeant Chris Pipkin, from Bognor neighbourhood policing team, said: "The CCTV footage we have released shows what we believe is the suspects passing cars and spraying them as they go.

"It is not of great quality but we hope someone might recognise the three people together.

"We would like to speak to anyone who saw or heard any of the damage being caused or who saw three people on bikes cycling through Bognor together in the early hours of 6 October.

"We are also keen to speak to anyone who may have found discarded aerosol paint cans or any shop workers who remember seeing red spray paint being bought in bulk.

"If anyone has had their vehicle vandalised but has not told us please come forward. Vandalism is unacceptable. We are determined to catch those responsible and have officers working hard to identify them."

Anyone with information should call 101 quoting serial 369 of 6 October, email contact.centre@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

If you see vandalism being done, call 999.

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New Freemen of the Harbour appointed

L-R Tim Knight, Peter Montyn, Louise Goldsmith, Peter Taylor, Pieter Montyn

THE FREEDOM of Chichester Harbour was awarded last week to three long-serving members of the Conservancy and Advisory Committees.

Louise Goldsmith, Peter Taylor and Tim Knight were all given the award by current Chairman Pieter Montyn. At a special event at Bosham Sailing Club, Pieter gave each one a framed certificate and thanked them for their contribution towards caring for Chichester Harbour. Pieter added: "All three have brought their own special skills and interests to the Committee and we have benefited from their experience and enthusiasm for Chichester Harbour."

BGL join the King in fighting back the waves!

Bosham

BURHILL GROUP LIMITED (BGL) has invested more than £200,000 into Bosham Quay to update the facility's sea defenses.

Fifty-seven new greenheart piles are to be installed by marine engineering firm Mackley, renewing the quay's iconic timber piles and revetment walling, which have been in place for more than 100 years.

The historic Bosham Quay is owned and managed by BGL and was the setting for King Canute's apocryphal demonstration of his limits as a king, attempting to push back the waves.

Paul Barnes, Property and Asset Manager for BGL, said: "The quay and surrounding harbour is of great importance to the community, both historically and recreationally.

"Investment by BGL will ensure the future operational success of this attractive quay for the enjoyment of those who use it and emphasises BGL's continued commitment to our business in Chichester Harbour.

"The current piles have been in place since the turn of the twentieth century, and we expect the new ones to last just as long."

There is expected to be minimal disruption to use of the quay and navigation around the Bosham Channel as work is to be carried out in four-hour intervals commencing each day, two hours before low tide and concluding two hours after, over a seven-week period.

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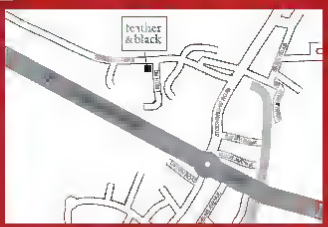

*All clearance products are subject to availability and are sold as seen.

Aliens, royal mysteries and who moved the goalposts!

Allis Moss

ON THE CASE

REMEMBER ALIENS—one of the few sequels that was as good as or better than the original? The remaining crew are trying to escape the acid-spewing monsters when the lights suddenly go out.

"They've cut the power," says the implacable Ripley.

"What d you mean they cut the power?" shouts back panicky Private Hudson, one of the grunts sent down to the doomed planet. 'How could they cut the power, man, they're animals?'

Maybe Environment Secretary Owen Paterson had just watched a rerun before explaining on telly why controversial badger culls are being extended because not enough animals have been shot. "The badgers have moved the goal posts," insists Mr Paterson. Aliens is science fiction and so is the value of these badger cull trials, according to the Oxford scientist who oversaw the last lot, Lord John Krebs.

Wildlife campaigner, astrophysicist and guitarist Dr Brian May and a posse of other top minds agree that preventing contamination between cattle is a better way to control Bovine TB than shooting badgers—or deer, for that matter—which could be next.

Wales and Northern Ireland are trialling a vaccine instead of guns. If you're one of the 300,000 plus who signed the e-petition against the culls, with the chance they may be rolled out into Sussex, you can vote with your purse. Waitrose and the Co-Op are the two supermarket chains which will not stock dairy from farms taking part in the culls.

Saving for a rainy dentist

Sainsbury's, however, scores on the dental front. We can now nip in to our own Westhampnett superstore for a quick filling while shopping for the weekly groceries. Budgeting for a trip to the dentist has become like saving up for the family holiday. Not so long ago I read there are actually people resorting to pulling their own teeth out with pliers because they can't afford treatment. With so few NHS surgeries around, the temptation to head to Robert Dyas instead of Sainsbury's for that Sunday afternoon DIY job must be resisted.

Bones of Contention

Someone who had to deal regularly with quacks and sorcerers just to get a charm for toothache or to nip a bout of medieval Man flu in the bud was Richard III. His skeleton, recently unearthed in a Leicester car park, is now being squabbled over in the way of so many modern battles—in the courtroom. Richard, the last Plantagenet king was the Duke of York. Both cities of Leicester and York want him and his tourism revenue.

But there's another mystery we need to solve. I was asked this week to sign a petition calling for DNA tests on the remains of the 'Princes in the Tower', that you and I learned in history class were murdered by their evil Uncle Richard III, the skeleton in the car park. If you watched TV's White Queen, you'll know there's the possibility one of the princes escaped and that Uncle Dick III may have been innocent of the crime.

The remains of two boys found buried in the Tower of London now reside in an urn in Westminster Abbey. If we can pin down who they really were (or weren't), we'll be on our way to solving this royal 'whodunnit'. There are other kingly culprits in the frame. You can help with the royal riddle by signing the petition at http://epetitions.direct.gov.uk/petitions/45769.

Chichester's own royal mystery

Humbler by far, but still the stuff of kings and in our own backyard—what has happened to the sign forbidding bicycles from being leaned against the outside wall of the Council House in North Street? The sign once lived beneath the glass-entombed stone dedication to the goddess Minerva by Roman bootlicker King Cogidubnus. As such, it was a glorious clash of cultures and what defined our two ages: a subservience to petulant gods versus the nanny state. Wonderful, absurd and sorely missed—whoever removed it, please bring it back!

You know you want it.

A holiday. You have absent-mindedly confused tasks and items, like putting a saucepan in the wrong cupboard or mixing up your specs. But you know you need a break when you have, like me, opened the fridge door and the item you have in your hot, sweaty little hand that you are about to deposit in cold storage, is a bank statement.

And finally

I know I'm behind the curveball on this mystery. If you've been following the saga you may have been wondering, like me, why the management of Brighton and Hove Albion is unwilling to disclose why they sacked manager Gus Poyet. The Uruguayan was, in my opinion, their best since Alan Mullery. The Seagulls are now in the mid table doldrums.

Poyet and Brighton won the League One title together and he took them into the playoffs for the Premiership last season. He has the backing of the League Managers' Association and earned their 'Outstanding Managerial Achievement' award. Surely football fans deserve to know what 'misconduct' Poyet is guilty of? Or, if it was a case of moving goalposts, maybe the badgers did it?

Contact Allis at:
allis.moss@chichesterherald.co.uk

Cards for Good Causes opens its Christmas pop-up shop in Chichester

VOLUNTEERS and customers were there to welcome the Chichester Mayor, Councillor Alan Chaplin who officially opened the shop on Monday 7th October for its 6th year in the Council House, North Street, Chichester. The shop is now open Monday – Saturday 9.30 – 4.30 until 18th December.

Sending Christmas Cards is a traditional and special way of keeping in touch with family and friends often thought of but rarely seen. By buying Charity Christmas cards you can send your festive message and help a good cause at the same time making this even more special and rewarding.

Cards for Good Causes – the UK's largest multi-charity Christmas card organisation has opened its Chichester pop-up shop at The Council House, North Street, Chichester, offering shoppers the chance to buy Christmas cards from more than 30 national with names such as Macmillan Cancer, Save The Children, Age UK, Alzheimer's society, Marie Curie, Breakthrough Breast Cancer, Help for Hero's, and RNLI amongst them.

Local charities Canine Partners; Chichester Cathedral Restoration Trust, Dame Vera Lynn Trust, Friends of Chichester Hospitals, Shipwrecked Fishermen, Sussex ASBAH, St Richards Hospital Trust; The Sussex Snowdrop Trust and Talking Newspapers all offer a huge range of cards.

This year we have a new local scene of a snow covered Guildhall in Priory Park, Chichester using a photograph kindly donated by local photographer Steve Frost. A lovely way of keeping in touch with friends and relatives at Christmas who have visited and enjoyed Chichester.

Alan Chaplin at the pop-up shop in the Council House, North Street, Chichester

The shop offers a wide range of designs to choose from and a convenient way to support more than one good cause. We're sure just one visit to our shop will help you with cards, Advent Calendars, wrapping paper and gift tags and small gifts this season, helping to cross a few festive jobs off the list in one go.

Chichester charity Christmas card shop is one of a countrywide network of shops which open in the run up to the festive season. Cards for Good Causes Limited (CFGC) pays the participating charities (or their trading subsidiaries) at least 70p in every pound from their card sales, less the VAT payable on the amount retained by CFGC. The retained amount covers CFGC's costs of running the temporary charity Christmas card shops. In addition to these costs, the participants have to pay for the production and distribution of their cards.

The shop is manned by local volunteers, without whom we simply could not operate and if you would like to become involved then do pop into the shop.

Shop early for the best selection of cards and goods and this year make a difference at Christmas and send charity cards.

Look out for the red triangular Santa sign

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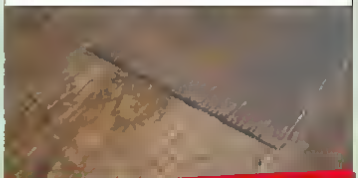
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Laura Ashley Solid Oak
Patina Grey / Wideplank / Oiled Micro - V

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Parador Solid European Oak
Oiled Living / 1788 x 158 x 18mm

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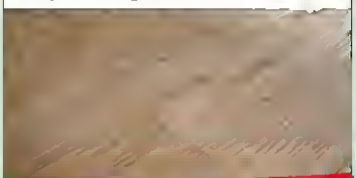
Parador Classic 3050 Oak
Wideplank Living Oiled / 2200 x 185 x 14mm

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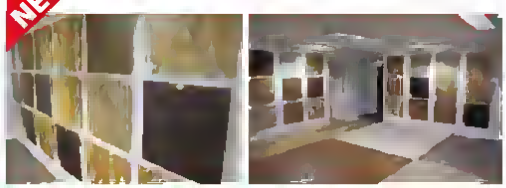

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Green Leader visits Westbourne 20s Plenty campaign

NATALIE BENNETT, Leader of the Green Party, visited Westbourne this week and met the local 20s Plenty campaign coordinator, Emma Weatherstone and the Green Party candidate, Thom French.

Thom is standing for Chichester District Council in the by-election in Westbourne on Thursday October 17th. Natalie also met some of the Green Party campaign workers including Sarah Sharp, coordinator of the recently successful Chichester 20s Plenty campaign.

During the visit, Natalie Bennett, Green Party Leader, said: "The Green Party is a strong supporter of local 20s Plenty campaigns, especially in villages such as Westbourne. After all the hard work of local community volunteers, who have submitted a petition of over 800 signatures and letters of support from local businesses, it is hoped this campaign will soon achieve its goal."

Thom French, Green Party Candidate for the Westbourne by-election, added: "Thanks to the hard work of Sarah Sharp and her team in Chichester, 20 mph speed limits were finally launched in residential streets all over the city this July and we are already seeing a difference with safer streets for cyclists and pedestrians. Westbourne, and other rural villages like it, should logically be the next to achieve this landmark given the needs of a community that includes many parents with young children and older residents who all want to feel safer on Westbourne's busy streets."

L-R: Sarah Sharp (20s Plenty Chichester), Thomas French (Green Party candidate), Emma Weatherstone (20s Plenty Westbourne), Polly Carre (Greening Westbourne) and Natalie Bennett (Green Party Leader) in Westbourne on Sunday. (Photo Credit: Shuttlink Photography)

Sarah Sharp of Chichester 20s Plenty campaign has been working alongside Emma Weatherstone of Westbourne's 20s Plenty campaign. Sarah is currently leading local volunteer groups in Chichester using speed guns to monitor the speed of vehicles to help the police enforce the new limits. In Westbourne the council have put down speed monitors to look at the average speeds the traffic currently goes.

Natalie Bennett emphasised the importance the Green Party gave to such campaigns since not only do 20mph limits make our streets safer, but they also reduce congestion and noise and air pollution. "We need to encourage 'active transport' — walking and cycling – to reduce congestion and air pollution, and improve public health. Fifty-eight per cent of car journeys are shorter than five miles" she said. She wished luck to Emma Weatherstone with the 20s Plenty campaign for Westbourne and to Thom French for his election campaign.

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Go Wild With Ed

Birds

Around 3,000 dark-bellied Brent Geese have already arrived in the harbour, which is earlier than normal. This number will build to around 10,000 in December which represents 5% of the world population. The early arrival might suggest a poor breeding season, but early indications are that there are good numbers of juvenile birds. The geese initially graze on the sea grass and algae but soon venture out onto farmland and playing fields.

Mammals

As the nights start to get colder many mammal species are preparing for winter. Fox, Stoat and Roe Deer grow a thicker winter coat. Deer change from a russet red summer pelage into a grey winter coat. Others such as Water Voles and Grey Squirrels will be stocking up on food to get them through the winter.

Insects

The sunny weather we have been experiencing in early October has meant that good numbers of insects are still flying including Speckled Wood, Small White and Peacock butterflies. The succession of moth species is continuing with Feathered Gothic, Setaceous Hebrew Character and Feathered Thorn flying over the last few days. There are also lots of dragonflies still flying with large numbers of Migrant Hawker and Common Darter seen over the last week.

Plants

Look out for plants that are still flowering.

Grey Squirrels will be stocking up on food to get them through the winter (Photo c edits: Peter Arnold)

The pale, snapdragon type, yellow plant on road verges is Toadflax and in the saltmarsh is the lilac, Sea Aster. Autumn colour will be slowly developing over the next month. Various deciduous trees take on their characteristic colours, resulting in a riot of colours, the yellow of Field Maple, red of Guelder Rose and bronze of Oak.

Other colours are formed by the fruits and berries, including the red berries of Hawthorn and Guelder Rose, the dusty blue sloes on Blackthorn and the inedible shocking pink fruits containing orange arils of Spindle. And it seems like it is a bumper year for fruits with Hawthorn and Blackthorn laden down with haws and sloes.

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Car park charges will remain some of the lowest on the south coast

LEADING councillors at Chichester District Council have recommended to Full Council that changes are made to some car park charges across the district.

If the Full Council approves the proposed changes, the charges will remain some of the lowest on the south coast.

The changes would mean that the one and two hour rates in Chichester's long stay car parks will remain the same, while staying for the whole day would only go up by 20p. A new 30 minute tariff costing just 50p would also replace the current 20 minute tariff, in response to customer feedback.

Over 50% of all pay and display users in Chichester would not be affected by the changes. In some cases charges would remain the same – including Sunday parking charges in Chichester city. The one and four hour rates in Chichester's short stay car park rates would also stay the same, while all other rates would be increased by 10p or 20p (except for the eight hour rate in our short stay car parks).

Further changes would mean that roving season ticket holders would be able to add a further three car registrations to their ticket at no extra charge, assisting those who share a car. For the first time in four years the cost would increase, from £40 to £43 per month. Those that pay for an annual ticket in advance would also get one month for free.

Under the recommendations season ticket holders in Market Avenue, Market Road and Orchard Street car parks would pay £417per month. Those that pay for an annual ticket in advance would also get one month for free.

In Selsey, it is recommended that the free period in East Street and Northern Crescent car parks should be removed and that visitors are charged 20p for up to two hours.

The councillors also recommended that large vehicle bays should be introduced in West Wittering's Marine Drive car park at a cost of £3 for two hours or £6 for the day. This is in response to customer feedback to cater for the needs of camper vans and caravans visiting the area. A monthly season ticket option would also be introduced at a cost of just £10 per month.

Councillors previously agreed that the free period would remain in Petworth and Midhurst, but that charges after this time would be increased by 20p per hour. In Midhurst three hours will be 40p and four hours will be 60p, while in Petworth two hours will be 40p and four hours will be 80p.

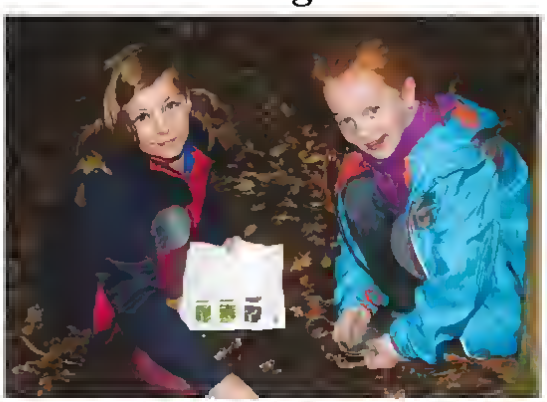
"Taking these changes into account we would still offer some of the lowest parking charges on the South coast," say Cllr Myles Cullen, Cabinet Member at Chichester District Council.

"The changes were drawn from the deliberations of the District Parking Forum which includes representatives from business, residents and other authorities. Many of our rates would not be increased, including Sunday parking charges.

"The money that we charge is used for the upkeep of our car parks and the rest goes directly back into our services in order to keep council tax low and protect local services."

The parking team is also reviewing its work in order to improve its service further. Future improvements already identified including pay on foot parking in some car parks, and the introduction of direct debit. If the direct debit scheme is introduced, customers that sign up to the scheme will also be offered discounts.

Outdoor learning at Oakwood



Matilda Oakley a[illegible]

THE CLASSROOMS were empty on Friday at Oakwood School as the pupils took their lessons into the school's extensive grounds for a day of outdoor learning. Pupils from the Little Oaks Nursery up to Year 6 took part in a range of outdoor activities, assisted by five Seaford College students.

Oakwood's acting Head of Science, Charlotte Mason, says enormous benefit in teaching in such a practical way.

He said: "The best teaching captures a child's imagination and making use of our fantastic environment enables us to bring the curriculum to life. In the woods, the children use all of their senses to learn and they worked enthusiastically as teams in activities including bug hunting, storytelling, maths challenges, treasure hunting and pirate ship building. The day was a great success and ended with team games and singing around the campfire! It was a fun way to develop our woodland area and to use our new outdoor resources."

Black Cat Love

Cat and Rabbit Rescue Centre

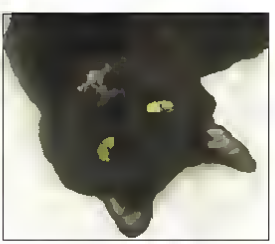
THIS MONTH our rehoming day turns spooky as we celebrate Halloween with our Black Cat Rehoming Day. It's being held on the 26th October 12-2pm at the centre. Anyone interested in adopting a cat can turn up on the day and have a look at the cats we have available. Halloween gives us a chance to promote the black cats of which we have many. We tend to take in more black and black and white cats than any other colour. But the black cats are often overlooked. Cats of different ages and colours will be available for viewing on the day.

Some of the black cats waiting for homes:

• Pharrell, 2 year old male. Sweet boy but he can be a little bit naughty.

• Km260-12 a black male and Kf264-12 a black and white female they turn 1 year old this month. Both very friendly, he's more upfront whereas his sister is a little shyer.

• Starry, Km129-13 & Kf131-13, 1 year old black female with her 5 month old male and female kittens. Starry is nice but her kittens are a little nervous and would prefer a home together.



Pharrell a 2 year old [illegible] le Lay but he can be a little bit naughty

• Faye & Fizz, two 6 year old black sisters. Very sweet friendly girls.

Hundreds more cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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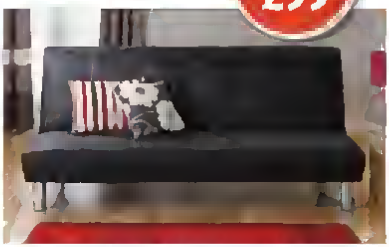

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MRC welcomes 23 head teachers from China keen to see an outstanding school

(Photography Janet Gibbs) Mrs Llewellyn with their thank you gift

VISITING THE UK as part of the University of Chichester English Education Programme run by Simon James (Mentor/University Link Tutor), 23 head teachers from the town of Chengua in China were keen to see what an outstanding, state of the art school looks like in 2013. Of course they didn't have far to travel! Midhurst Rother College students and staff were pleased to invite the group to spend a day observing lessons and activities, discussing the College day and joining everyone for what they thought was a delicious traditional lunch of chicken casserole followed by lemon sponge pudding and custard.

The day's programme was facilitated by Mrs Fleur Llewellyn, Leader of Initial Teacher Training.

"It was a pleasure to welcome this group of head teachers," said Mrs Llewellyn. "They really enjoyed the day and as they left presented, Principal, Dr Joe with a beautiful panda scroll, from the Panda Primary School in Chengua which has a direct link with the panda conservation programme. During the Science session they were full of praise for the excellent teamwork and were surprised to see so much movement and such an 'active' classroom. Of course, they were very impressed by the contemporary design of our building and remarked upon all the wonderful light and space we are lucky enough to share."

West Sussex team seeks Unicef baby friendly status

Mum-to-be Lacey Lenthall with midwife Steve T

AN INFANT feeding service in West Sussex has launched a programme to achieve UNICEF baby friendly accreditation.

Sussex Community NHS Trust runs the service under the name of MILK! and involves a specialist team and breastfeeding peer supporters working closely with health professionals, children & family centres and community and voluntary organisations to support infant feeding and promote breastfeeding.

The health and well-being of all babies is at the heart of the UNICEF UK Baby Friendly Initiative. A strong mother-baby relationship is the foundation for a baby's future health and wellbeing. Breastfeeding supports this loving bond and makes a vital difference to health.

As the world's leading organisation working to protect and promote the rights of children, UNICEF joined forces in 1992 with the World Health Organization to adopt the baby friendly initiative and encourage mothers to breastfeed their children.

To achieve UNICEF baby friendly accreditation, SCT services, including infant feeding and health visiting, will undergo a rigorous assessment process over a number of years through which they have to provide assurance that they deliver the very highest standards of care.

SCT is committed to giving children the best possible start in life, and its infant feeding and health visiting services in West Sussex provides expert advice and guidance to support mothers to feed their child by breast or by bottle and to strengthen mother-baby and family relationships.

A major element of the service is to train local women who have previously breastfed their own babies to volunteer as peer supporters to assist other mothers who might be facing difficulties with breastfeeding.

MILK! works via a network of drop-in centres across West Sussex where mothers can get information and support in a friendly, relaxed environment. The drop-ins are managed by a local health visitor team with the peer supporters. In the past six months MILK! had more than 2,000 contacts with local mothers.

MILK! launched its baby friendly implementation programme at a meeting with UNICEF this week at the Wickbourne centre in Littlehampton.

The next step is to apply for a Certificate of Commitment to confirm that the service has a comprehensive approach covering all appropriate standards, policies and guidelines to support the baby friendly standard and that all new staff are orientated to the policy.

Trust chair, Sue Shave, said: "By confirming our intention to be accredited as baby friendly we underline our commitment to offer the best possible care to all mothers and promote the wellbeing of their children, regardless of whether they breast or bottle feed.

"Our MILK! team and health visiting services in West Sussex are already doing a top-class job, but we want to get better still and be able to demonstrate to our communities that our services rank alongside the best. The rigorous assessment process we will go through to achieve baby friendly accreditation will confirm that we have all the right systems and processes to achieve this aim."

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Goodwood introduces new DNA coaching day

FOUR of Britain's leading sports specialists have combined their unique expertise to devise a totally new concept in golf teaching that is to be unveiled in November at the Goodwood Golf Academy.

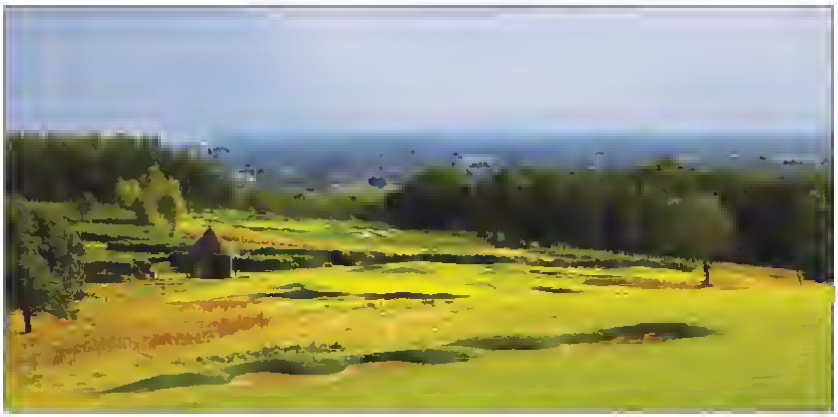
The philosophy behind this comprehensive approach aims to focus on all aspects of a golfer's DNA make up including technique, mental approach and fitness and all four specialists will deal with their particular area of expertise.

Olympic coach Steve Gent who has worked with gold medallist Sir Ben Ainslie will outline the importance of conditioning and golf screening to pupils. He says: "Body mechanics and posture are essential for success in sport and none more so than in golf."

Karen Francis, an acknowledged expert in the field of psychology and neuro-science who reached county standard at squash and golf, will explain the dynamics between basic technical ability and the mental aptitude needed for success and the way to acquire a solid mind set.

Christian Fogden brings the latest technology to the science of putting including the ultrasound sensory analysis of each putting stroke in which even the golfer's smallest movements are recorded to develop improvement and training methods.

Ryan Fenwick, Goodwood's PGA Professional, takes on the role of technical and tactical coach and his message to would be pupils is simple. He said: "To be the best, you have to train with the best." He has worked with US Open Champion Justin Rose who is a regular visitor to the West Sussex resort and represents Goodwood worldwide in an ambassadorial role.

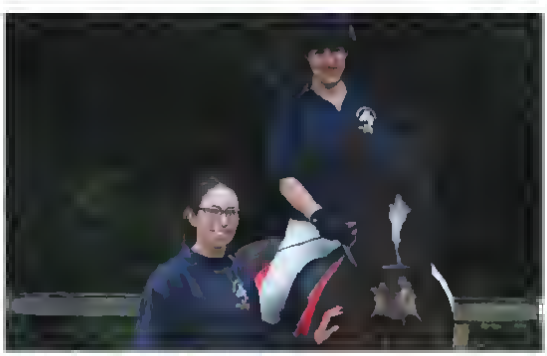


Ryan added: "By bringing all these experts together we develop a holistic approach to playing golf instead of concentrating on separate aspects of the game."

The teaching programme for November 9th is divided into one-hour sessions with the each expert on their specialist subject and Ryan says: "In this way we can assess and bench mark a pupil's current performance and build a plan for improvement."

Each golfer will receive a comprehensive report of their findings and recommendations for their improvements.

New Chief rides into Arundel



ARUNDEL RIDING CENTRE is celebrating the appointment of their new Chief Instructor, Laura Oakley. Laura recently completed her British Horse Society Intermediate Teaching qualification and is able to provide her clients with expert private tuition using Arundel's purpose built indoor and outdoor arenas.

Another riding instructor from the centre, Lauren Glasspool, is also celebrating after winning the regional heats of the British Horse Society Instructor of the Year. Lauren will be competing later this month in the national finals held in Warwickshire.

Arundel Riding Centre is licensed by the local council and is a British Horse Society Approved riding school. It has been teaching adults and children to ride for over 50 years. Alison Leggett who runs the school is proud of their reputation for maintaining high standards. She told us: "All our instructors receive regular weekly training from visiting equestrian coaches and they are all expected to work towards further qualifications. This way we can give the best training and teaching for our customers."

To find out more about riding lessons at this centre call 01903 882061.

Sheen Stickland sponsors Young Carers Theatre Scheme

SHEEN STICKLAND have announced that they will be the main sponsor for a new scheme run by Chichester Festival Theatre to help young carers in West Sussex. Their sponsorship will enable up to 20 young carers to join one of the 10 Chichester Festival Youth Theatre satellite groups for two years.

Recent 2011 census figures indicate there are now 178,000 young carers aged 5-17 in England and Wales and with the South East of England experiencing a 41.2% increase in young carers, the need for support has never been so important.

Young carers have often been catapulted into maturity and responsibility by having to look after someone at home. As a result The Young Carers Service has identified the need for these young people to have access to activities that are engaging and stimulating, giving them a break from their caring responsibilities.

With the help of West Sussex County Council's Young Carers Team, Chichester Festival Theatre has put together the Young Carers Theatre Scheme which is due to commence in autumn 2013 and will run for two years. The scheme gives young people the opportunity to take a weekly break and join the Chichester Festival Youth Theatre. The workshops are led by experienced professionals, exploring and developing a diverse range of performance styles and theatrical techniques, plus opportunities to perform in productions at Chichester. This scheme also gives young people the chance to grow in confidence, make new friends and have fun.

Luna Russell, who is managing the project, said: "We are thrilled to be able to offer young carers from across West Sussex the opportunity to join Chichester Festival Youth Theatre, giving them a break from their caring role. We are delighted to be working with Sheen Stickland on this project, which has been made possible by their generous support."

One youth theatre member commented, "The theatre has given me respect, confidence, the understanding of working hard. I felt happy here and able to show my true self. It has given me so many options which I would never have had and will forever be grateful. It has made me the person I am."

Paul Wright, partner at Sheen Stickland commented: "We are very pleased to support such an important local project, which gives young carers a vital opportunity to express themselves within a creative and fun environment at the Chichester Festival Theatre."

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Watch this space: Unwanted old style watches bought for cash

LOWERY, the established jeweller based on Chichester's North Street, specialises in diamond and precious stone set jewellery.

Always holding a range of unusual and branded second-hand jewellery, Lowery pride themselves on their collection of second hand quality watches with brands ranging from Longines, Omega, IWC, Certina, Vertex, Tag and Universal complemented by 1920s - 30s diamond set cocktail watches.

They are looking to expand their collection with the help of you, the public.

Manager, Colin Bryant, says old style watches are now becoming a thing for the future.

"There's been a massive surge in new and old watches," he says. "There's so much interest in old and modern watches. We do Edwardian and late Victorian pocket watches and we also try and specialise in watches pre and post war times. We are really interested to hear from anybody who may wish to sell an old watch, and those who wish to come and see the old watches we have that can be bought.

"We have many unusual retro style watches for both men and women. Some of the old style small watches are now being worn by ladies of all ages. The interest in watches generally has become massive. From the lady who wishes to have that old style accessory to the well-dressed man who has a watch for each different type of occasion."

Lowery also carry out valuations for insurance and probate on the premises. They also have a full repair service specialising in remodelling out of date jewellery.

Celebrating their 25th year of business this year, Lowery have a long standing presence in Chichester for their jewellery and services. One particular employee, Rosalind Seamer, has been there for the whole 25 years of trading.

If you wish to see the watches available at Lowery in Chichester, or you think you may have an old watch that could be of interest to the shop, you can visit them at Lowery, 74 North Street, Chichester, West Sussex, PO19 1LQ.
Tel: 01243 789518 Email: lowery@btconnect.com

Jeff leaves with a heavy Hart

JEFF HART has now officially retired from the Sussex based not for profit leisure trust Freedom Leisure – which operates Six Villages Sports Centre on behalf of West Sussex County Council – after 11 years as its managing director. He completed a three-month handover to his successor Ivan Horsfall Turner on Monday.

Jeff has dedicated 35 years to the fitness and leisure industry and it is the good fortune of Sussex that he honed his skills, invested his time, passion and talents in the county where he was born and educated. Jeff was born and educated in Brighton and after leaving Varndean School he trained as PE teacher and fell in love with the world of sport. He quickly progressed to community leisure management – and this is where he has made a very positive impact.

Earlier in his career, Jeff moved around the country for several years before returning to Sussex in 1980 where he was appointed by Wealden District Council to manage the Uckfield Leisure Centre. He soon progressed to Head of Leisure at Wealden District Council and was a key driver and core member of the Sussex Leisure Officers Group. Jeff was the Director of Leisure Services for Wealden District Council until the formation of Freedom Leisure in 2002. He then presided over Freedom Leisure's incredible growth from a four site, £2m operation in 2002, to today's 35 site, multi-contract, £40m turnover business.

'It has been a joy and a privilege to work at Freedom Leisure for the last 11 years and I would like to thank all my colleagues and associates, past and present, who have helped form this successful Trust,' says Jeff. "I am confident that Freedom Leisure will continue to thrive and believe its role in the communities it serves will remain valuable ensuring, as it does, that people of all ages have access to first-class facilities at affordable prices so they can enjoy an active, healthy lifestyle."

Jeff is planning an active retirement in alongside his wife Sandra. He no longer needs to do his work out at 6.30am before a day's work but is committed to keeping active. Aside from using the gym and pool, Jeff plays golf and hopes to spend more time enjoying this sport.

An Active Sussex board member since 2010, Jeff's dedication to delivering community sport, health and leisure is undimmed. He has not ruled out taking up voluntary roles in the leisure industry locally and will consider any opportunities that may arise.

Jeff leaves after 11 years as managing director

Spirit FM Local H

AN EMOTIONAL and inspiring evening was had by all at the Spirit FM Local Hero Awards on Friday night. The popular event, held at the Hilton Avisford Park Hotel, Walberton, was hosted by presenters Milly Luxford and Vicky Barkus whilst there was also a special appearance from former Westlife singer Brian McFadden.

Spirit FM's managing director, Sally Austin, got the evening off to a flyer with her opening speech before McFadden sang two songs from his album as well as a former Westlife song.

On stage, awards were presented by Chloe Humphrey, who at 18 months was diagnosed with cerebral palsy, with spastic diplegia. The prognosis wasn't good, her family were warned that it was unlikely that she would ever walk. But thousands of raised pounds later for the Chloe's New Legs Campaign, a serious operation and a long rehabilitation process, Chloe walked up onto the stage to present the awards.

Chichester Herald's owner, Dean Adams was honoured and delighted to accept the 'Listeners Award' on behalf of the Spirit FM listeners who helped raise thousands of pounds towards Chloe's campaign. Dean said: "What an evening. I met so many wonderful people and heard so many inspirational stories. A massive thank you must go to Sally and her team for such an amazing night."

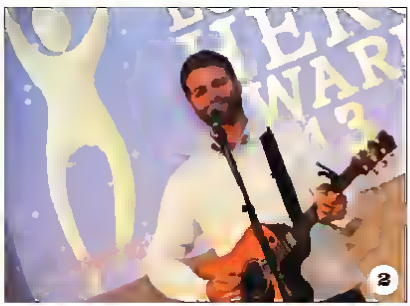
And the winners are...

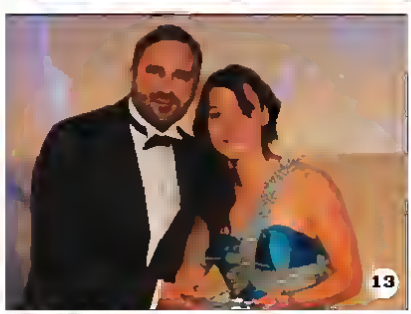
• Child of Achievement Award – Sponsored by TJ Waste and Recycling
FELIX BOOTE-COOK (AGE 11)
Felix (one of 6) helps his single mum look after his younger sister Cabby, who has Angelman Syndrome, a profound learning disability concerned with epilepsy, sleep disorder and physical disability. He is a great educator of his peers on the subject of disability, endlessly patient with Gabby and a thoughtful, sweet and funny lad. His eldest sister also has a terminal illness.

• Eco Award – Sponsored by Outside Interest
JOHN AND AIDA STEPHENS OF WHIPPED AND BAKED
They source locally, have a tiny carbon footprint and run an amazing suspended coffee scheme that allows homeless people to go in and get a free cup of coffee.

• Bravery Award – Sponsored by Frosts for Cars
JENNIFER LYNCH
An eleven year old child with Wolfram syndrome, she bears the awful limits of her illness with such fortitude and maturity.

• Neighbour of the Year Award – Sponsored by Whiteheads Estate Agents
COLIN AND SYLVIA LINEGAR
Nominated by 'the daughter they never had' Tracie Caldecourt, they are everything and more you could want from good neighbours.





1) Spirit FM's Sally Austin starts proceedings. 2) Brian McFadden was a surprise star guest. 3) Diane Levantine. 4) Kayleigh Hu[illegible] 5) Jo[illegible] J Adams alongside Milly and Vicky. 6) Milly and Vicky with Milly and Vicky. 15) Carol Krol. 16) Emma Pink and Darren Ashcroft. 17) Faith Posten Miles. 18) Michael Court and Team Josh.

• Charity Fundraisers Award – Sponsored by Highhouse Insurance Services Ltd
MICHAEL COURT AND TEAM JOSH
Michael and Helen lost their young son to cancer 10 years ago. They threw themselves into fundraising and this year they organised (and Mike participated in) a climb of Mt Kilimanjaro in Josh's memory. They raised over £40,000 – the biggest single donation that the Snowdrop Trust has ever received.

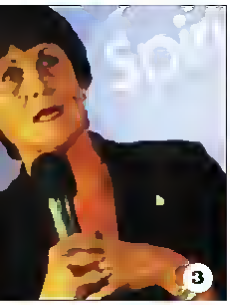
• Carer of the Year Award – Sponsored by PRN Nursing & Homecare Services
FAITH POSTEN MILES
Faith not only nursed her terminally ill mum with amazing dedication, but made the decision to work in the caring profession.

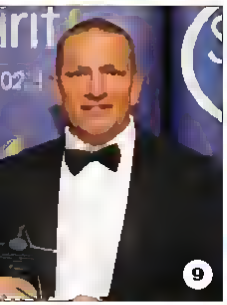
• Listener Award
YOU, SPIRIT FM'S LISTENERS
Dean Adams picks up the award from Chloe Humphrey on behalf of all of Spirit FM listeners as a huge thank you for all of your support and generosity during 'The Chloe's New Legs campaign'. You helped exceed the fundraising target of £36k!

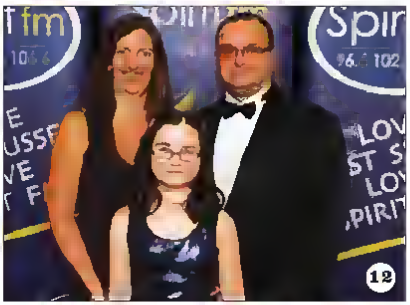
• Sports Achievement of the Year Award – Sponsored by Emsworth Autos
MEGAN CRANFORD
Megan is a very determined 10 year old and a talented young female football player, she has just got a contract with Brighton & Hove.

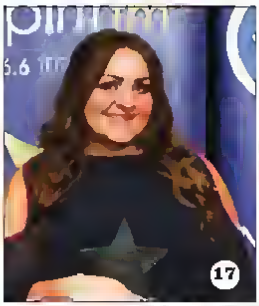
• 999 Emergency Services Award – Sponsored by Vintage Pub and Bistro
MATT HOPKINS
Matt is a paramedic who also uses his skills out in Uganda at an orphanage that he and his wife visit regularly (they even went on honeymoon there!)

Hero Awards 2013









pported by Cllr [illegible] Humphrey presenting [illegible] 6) Felix Bowe Cook, 8) Megan Cranford 9) Ke[illegible] Hardwell 10) Matt Hopkins 11) Do[illegible] and Sylvia Teager [illegible] Jennie Lund[illegible] 15) Dean Adams and Cllr Pat Humphrey 16) [illegible] Lesley Humphrey

• Community Hero of the Year Award – Sponsored by Aspect Electrical
EMMA PINK AND DARREN ASHCROFT
Emma and Darren at Brent Lodge Wildlife Hospital [illegible] they dedicate all of their time to this amazing work.

• Inspiration to Others Award... Sponsored by Home and Dry
KEITH HARDWELL
All the way through Chemo Keith continued to remain dedicated to the running Club where he is Head Coach.

• Teacher of the Year of the Year Award... Sponsored by University of Chichester
CAROL KING
With 30 years' service at Plaistow preschool (billingshurst) Carol is much loved by staff and pupils. She always goes above and beyond in a bid to make the very start of the education journey as positive as possible for the children.

• Super Gran Award
LESLEY HUMPHREY
Spirit FM don t have an award for Grandparent of the Year, but if they did, Leslie, who is Chloe s Gran, would be the year's winner. Lesley was hugely instrumental [illegible] and was the main liaison between Team Chloe and Team Spirit. This award is a big thank you to her for her efforts and time.

• Parent of the Year Award... Sponsored by Knight Fencing
KAYLEIGH HURST
Taylor, one of Kayleigh's twin boys, had a terrible young life with a horrendous brain tumour. She nursed him through some ghastly times, right up to his death in July. She is adamant the she wants to accept the award in Taylor's memory – she is so proud to [illegible]

• Lifetime Achievement Award... DIANE LEVANTINE- CO- FOUNDER OF THE SUSSEX SNOWDROP TRUST
The Sussex Snow Drop Trust- a unique charity providing 'Care at Home' for local children who have a life-threatening illness or who may be terminally ill

Arts & Entertainment

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[illegible] T INEW RL

Filth (18)

FOUR out of Five stars

Running time: 97 mins
Director: Jon S Baird
Starring: James McAvoy, Jamie Bell, Jim Broadbent, Joanne Froggatt, Eddie Marsan, Imogen Poots

Raucously entertaining, darkly comic drama with lively, energetic direction, a superbly written, gloriously sleazy script, a terrific support cast and a powerful central performance from James McAvoy

What's it all about?
Directed by Jon S Baird and adapted (by Baird) from the cult novel by Irvine Welsh, Filth stars James McAvoy as Bruce Robertson, a crooked, drug-addicted, sexist, racist and homophobic Edinburgh cop who believes he has a strong chance of promotion if he can keep on the right side of his boss (John Sessions). In order to further boost his chances, Bruce sets out to systematically undermine all his colleagues – he patronises Amanda (Imogen Poots), spreads homosexual rumours about Peter (Emun Elliott), has an affair with Gus' (Gary Lewis) wife (Kate Dickie), gets Ray (Jamie Bell) hooked on cocaine and takes strait-laced Bladesey (Eddie Marsan) on a sex-and-drugs holiday to Hamburg.

The Good
Often associated with clean cut, good guy roles (and, of course, Mr Tumnus), James McAvoy gleefully embraces the chance to show a darker side and throws himself headlong into the part of Bruce, who somehow still manages to retain our sympathy, despite the litany of despicable acts he commits onscreen. All of these are further underscored with witty, ever present narration and the occasional fourth-wall-breaking wink to the camera, both of which create complicity with the audience.

Baird has also assembled a terrific supporting cast. Sessions is particularly funny as Bruce's blustering, oblivious boss, while Marsan is wonderful as Bladesey (his dancing scenes in Hamburg are riotously funny) and there's strong work from Shirley Henderson (as Bladesey's wife, who keeps getting obscene phonecalls from Bruce), Jim Broadbent (as a deranged psychiatrist in Bruce's fantasy sequences) and Jamie Bell as Ray, who rather naively views Bruce as a mentor figure.

The Great
The script is gloriously sleazy throughout and Baird directs with a manic energy that perfectly illustrates Bruce's drug fuelled behaviour, heightened by Mark Eckersley's whip-smart editing and Matthew Jensen's garish, hallucinatory cinematography – the result of this breakneck pace is that you're constantly bracing yourself for the inevitable crash, which creates an extremely tense atmosphere even as you're enjoying the ride. In addition, the film is packed with bizarre, off-the-wall touches (such as the various animal masks that crop up) that add to the unsettling nature of the film.

Worth seeing?
Filth is an enjoyable, darkly funny drama that's also surprisingly moving, thanks to a superbly written script, an assured directorial tone and a powerhouse of a central performance from James McAvoy. Highly recommended, though you may need a shower afterwards.

Special night of rocking , funky blues

INTERNATIONAL touring blues band Big Dez are playing one of only four gigs in the UK at The Appledram Ciderhouse, Pump Bottom Farm near Chichester on Saturday 19th October. Big Dez play a mix of great foot tappin' original numbers and classic funky rocking blues.

They are one of the best European blues festival bands and recently they took part in The Memphis Blues Challenge in the USA, getting dangerously close to the final. Phil Fernandez guitar work pays credit to the time he has spent in the US jamming with the likes of Luther Allison, WC Clark & Billy Branch and playing alongside Texas legend Uncle John Turner (drummer with Johnny Winter & Lightnin Hopkins), The Fabulous Thunderbirds bassist Preston Hubbard and sax virtuoso Sax Gordon. Blues Revue magazine in the USA described guitarist Phil Fernandez: "His slashing guitar combines Albert Collins' icy tension with Johnny Guitar Watson's metallic crunch, and his clear, booming, congenial vocals are not dissimilar to Omar Kent Dykes." This year Big Dez released their 6th album, 'Wet Paint' and this and their previous albums will be available to buy on the night.

It is rare to get a band of this quality playing in a small club type environment. The Appledram Ciderhouse venue is on Pump Bottom Farm which is best known for the annual and very successful 'Blues On The Farm Festival'. You can buy tickets in advance for only £8 by calling 01243 773828 or 07708 803 542 or buy online at www.bluesonthefarm.co.uk. When you buy in advance there is also a food option. Tickets will be available on the door at £10 providing the gig doesn't sell out in advance. Doors are open from 7pm. You can check out Big Dez at www.bigdez.com. Support the local music scene and make sure you don't miss out on this special night of rocking , funky blues.

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q JAMES MCAVOY STARTED HIS CAREER ON WHICH TV PROGRAM?

A. SKINS
B. SCRUBS
C. SHAMELESS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 15th October 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Isobel Sanders from Tangmere.

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL 0871 200 2000

CHICHESTER
Park Hotel
***

TO MAKE A RESERVATION CALL
01243 817400

LEISURE CLUB
at Chichester Park Hotel

Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.

To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. **Membership is available for only £25.00 with no joining fee.**

Opening Times
Please note. Last entry is 30 minutes before closing
Monday to Friday: 7.00am - 9.00pm
Saturday: 8.00am - 8.00pm
Sunday: 9.00am - 5.00pm

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: West Wittering beach

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 16 October 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ships Plank'. The Ship's Plank now consists of: Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Image supplied by:
Tel 01243 773297
Mobile 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace PHOTOGRAPHY

WHAT'S ON in your area...

• The Friends of St Richards Hospital will be holding a "Spirit of Winter Fayre at Great Ballard School Eartham on 25th October 2013 from 10.30am - 1.7pm

A large variety of Xmas and general gifts will be on sale together with produce from local suppliers. Refreshments will be available.

At 5pm Andy the owner of Hall days Restaurant at Funtingdon, will be giving a cookery demonstration to add some bite to the Christmas Table.

All Monies raised will go to the New Eye Unit at St Richards Hospital. For any further information please ring the Friends Office on 01243 831843.

• Do you like to knit, sew or crochet or would you like to start? A new Knit & Natter group has started at Selsey Library. Beginners and experts are all welcome so why not join in the fun – you might even learn a few tips along the way.

The next meeting will be held on Tuesday 15 October. The group will then meet every fortnight from 2pm to 3pm. There is no need to book in advance.

Find out more by contacting Selsey Library on 01243 602096 or by visiting the branch in School Lane, Selsey PO20 9EH.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music" and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP.

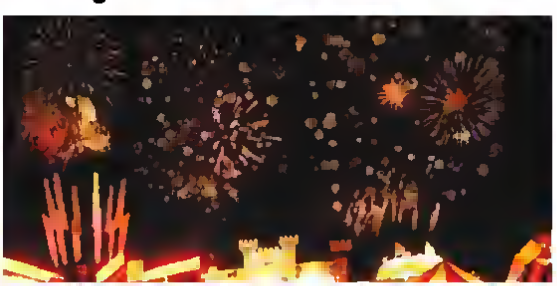
More details from Andrew@andrewperry.plus.com or 01243-776391.

• A plethora of Midhurst local artists and craftspeople "Handy and Divine" will be exhibiting handmade art and goods at the Wilson Suite, Oxmarket Gallery in Chichester from 1st - 13th October 2013. (Tuesdays to Sundays 10am - 4.30pm)

• Autumn Production – The Thirty Nine Steps" 26th to 30th November. The Thirty-Nine Steps – but not as you know it. Based upon Hitchcock's iconic film, the adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon and by arrangement with Edward Snape for Fiery Angel Ltd) is both surprising, yarn and hilarious comedy. Due to the play's huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive.

Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers the Funtington Players website at www.funtingtonplayers.org.uk, by telephoning the Box Office at 07565 464271 or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

• The first major fireworks event of the Fireworks season on the South Coast will take place on Saturday 12th October in Selsey, West Sussex.



The first major fireworks event of the [illegible] South Coast will take [illegible] Saturday 12th October in Selsey

The location is the Bunn Leisure White Horse Playing Field just off Warners Lane, Selsey. The gates and funfair open at 5.30pm, live music from 6.30pm, Bonfire at 7.45pm and the fireworks from about 8.30pm.

There are 9 ticket outlets already selling tickets in Selsey, Hunston, East Wittering and Chichester. Entrance on the gate is just £4.00 per accompanied Child and £5.00 per adult. These prices have now been held for 6 years. Tickets bought in advance are discounted and also a Family Ticket is available only in advance.

The event has over the last 35 years raised approximately £200,000 for local charities and good causes. It is run by volunteers and is a non-profit making organisation.

For more details visit the website www.selseyfireworks.co.uk or call 01243 601300.

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Delicious food in beautiful surroundings

Acclaimed food and luxurious accommodation awaits at the Inglenook, Pagham

NESTLED in the heart of the Pagham village is the acclaimed grade II listed restaurant and hotel, The Inglenook.

A warm welcome awaits from both the staff and the friendly resident parrot, Nicky. Maintaining many of its original features, the building itself is full of character and tradition, whilst the menu mixes both traditional and modern recipes to create a varied menu choice for every taste.

The hotel is family run offering personal service in a relaxed atmosphere. The bar, busy with locals and maintaining many of its original features as a 16th Century farmhouse, includes large inglenook log fires and beautiful exposed brickwork.

The food is reasonably priced and well presented. Whilst the bar has a traditional pub feel, the restaurant offers high quality food, far above the standard of traditional 'pub grub' with a varied and complex menu. There is also a choice of specials which changes frequently and includes locally sourced dishes and hearty winter recipes. Vegetarians are also well catered for and there is a wide selections of tempting desserts too.

The beef stroganoff with its tender beef strips, rich creamy mushroom and tarragon sauce, rice and winter vegetables is certainly worth trying and a welcome addition to their winter menu which also includes pancetta wrapped partridge and other local game dishes.

Given its seaside location, local seafood is also a specialty here with a large menu choice of fish dishes from local line caught sea bass to meaty scallop recipes.

The restaurant features a light and airy garden room which looks out onto beautiful landscaped gardens which can all be hired for large functions, weddings and parties.

There are monthly tribute nights in the bar as well as local and regional ales and a wide choice of wines.

To book a table, accommodation, event or Christmas party, contact the restaurant and hotel directly.

The Inglenook Hotel, 255 Pagham Road, Nyetimber, PO21 3QB

Tel: (01243) 262495 Email: reception@the-inglenook.com

Food and Restaurant Review
Portion size: Generous
Service: Friendly, attentive and well presented
Value for Money: Great food, large portions. The set menu is great value for 3 courses
Ambiance: Traditional, friendly and romantic, particularly in winter with the open log fires

Children more daring diners than parents

ARE YOU stuck in a rut when it comes to injecting a bit of adventure into mealtimes? We've long been known as a nation who loves British favourites, from beans on toast to fish fingers, but new research by Walt Disney World Resort in Florida shows that two thirds of UK kids crave more adventurous food and expect a bit more magic during their mealtimes.

The research was commissioned by Walt Disney World Resort in Florida, which has hundreds of restaurants serving cuisine from around the world, to reveal family eating habits, and to try and encourage parents to bring a bit more adventure and magic to their mealtimes. The study uncovered that three quarters of parents agree that family mealtimes provide a better opportunity to catch up and reconnect than special occasions such as Easter or Christmas, with a huge 90% of parents agreeing that regular catch ups with the family over a meal are their favourite time in the day. Surely these mealtimes are the perfect opportunities to sample new cuisines and put some family fun into food?

The kids of 2013 have more adventurous palates than ever before, asking for more variety and international cuisines to be served at the dinner table. Parents may be underestimating the sophistication of their little ones' palates, as more than half of parents picked good old-fashioned British fare as their child's favourite type of cuisine, yet only 37% of the kids themselves said this was the case, with almost 30% saying they prefer Italian and 12% Asian cuisine.

78% of parents said their children are very or slightly adventurous when it comes to trying different foods with the majority of youngsters nowadays having sampled Italian, American, Asian, French and Mexican cuisine, whereas 30% of parents said that they had rarely tried new types of food when they were children themselves, with 10% having shunned new foods entirely when they were younger. This disparity may be the reason that only 14% of kids surveyed by Walt Disney World Resort in Florida say they eat a wide variety of foods at home, with almost three quarters saying they often eat the same types of meals – showing that parents are staying safe rather than being more adventurous with their ingredients.

Author and Walt Disney World Resort in Florida food expert Pam Brandon comments: "Magical adventure is Walt Disney World Resort's specialty so perhaps it's time to book a holiday where everyone's tastes can be catered for? Chefs at Disney Parks have re-imagined many kids' menu items to make existing, delicious meals more nutritious. This year, we're offering UK families free dining at over one hundred restaurants across the parks and hotels at Walt Disney World Resort in Florida – families who book holidays before 5th November 2013 will be offered a free dining package across Walt Disney World Resort in Florida, where we can provide inspiration and excitement during family mealtimes."

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Christmas Parties like no others at Chichester Golf Club

CHICHESTER GOLF CLUB is a hidden gem in the peaceful Sussex country side just south of Hunston Village only 2 miles from Chichester. They host many weddings and parties, including Christmas parties yet many local people don't realise they exist or that you can come in!

The Clubhouse, a converted Sussex flint farmhouse, makes the perfect venue for parties, weddings and conferences. They offer a choice of function rooms for any event. The Cathedral Suite seats up to 55 people and offers fantastic triple aspect views over the golf course and countryside beyond. The dining room with its high vaulted ceiling is ideal for more informal gatherings. Finally for larger parties a marquee is provided on the extensive patio area, again with views of the golf courses.

The head Chef, Steve, who has been at the Club for over 10 years, creates wonderful food using fresh ingredients. At the wedding last weekend many of the guests were asking for the recipe and cooking instructions for the chicken supreme in a tarragon and white wine sauce which was served at the wedding breakfast - they loved it so much.

Chichester Golf Club is a great place for Christmas parties as it has ample free parking, and you can leave your car overnight without fear of being clamped in the morning! They dedicate the whole Clubhouse to Christmas party evenings so you and your friends have plenty of space. The evening starts in the bar for that warm up drink or two at pocket friendly prices. Then, at a time to suit you, moves to the dining room for a wonderful 3 course meal followed by coffee and mints. Finally dance the night away with the resident DJ in the Cathedral Suite. Sally Haygarth, owner of Chichester Golf Club says 'my favourite dish on our menu is the braised beef steak with peppercorn and cream sauce but it's also hard to beat our wonderful roast turkey with all the trimmings'

For a great night book your Christmas party today by calling Katie on 01243 536666 or email katie.scopes@chichestergolf.com

Quote Chichester Hereld when you book end get e bottle of fizz for eech teble

Christmas Party Nights at *CHICHESTER GOLF CLUB*

The perfect venue for a great night out!
Enjoy an excellent 3-course homecooked meal and disco with dancing until midnight.
Book for a small group or hire the room exclusively for up to 60 people.
Plenty of free parking on site and only two miles outside Chichester.
Rates
£24.95—Thursday nights or £31.95—Friday & 5aturday nights
For more information or to make a booking please contact Katie 5copes on 01243 536666
or email katie.scopes@chichestergolf.com
Hunston Village, Chichester, West 5ussex, PO20 1AX
"Remember to quote Chichester Herald for your free fizz!!"

What's good this autumn?

It's great to eat food in season particularly when in close proximity to where you live, seasonal fruit and vegetables are always the most nutritious. I love the changing seasons, summer (when it's hot) being my number one season, as I love to feel the heat on my skin. However, autumn is kind of romantic, with the leaves falling, country walks and new winter woolies!

Butternut squashes are a wonder, versatile vegetable that comes into its own in autumn. The squashes are usually split into two types, Summer squashes, which are picked and eaten in the Summer and early Autumn, courgettes (or zucchini) are the best known, and Winter squashes which are left on the plant to ripen until picked and stored for use over Winter, such as butternut squash.

Like all members of the gourd family (which includes pumpkin, melon, and cucumber), butternut squash is technically a fruit because it contains seeds. Cut into its pale, yellow-beige hard skin, though, and you'll discover a vibrant flesh that's much denser than that of its relatives. Rich in phytonutrients and antioxidants and succulent enough to warrant the name "butternut" this graceful, hourglass-like gourd is the perfect addition to an autumn

Denise Kelly

meal.

Low in fat, butternut squash delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems. The folate content adds yet another boost to its heart-healthy reputation and helps guard against brain and spinal cord-related birth defects such as spina bifida. The orange colour signals an abundance of powerhouse nutrients known as carotenoids, shown to protect against heart disease. In particular, the gourd boasts very high levels of beta carotene (which your body automatically converts to vitamin A), identified as a deterrent against breast cancer and age-related macular degeneration, as well as a supporter of healthy lung development in fetuses and newborns. What's more, with only a 1 cup serving, you get nearly half the recommended daily dose of antioxidant rich vitamin C and it has an abundance of anti-inflammatory effects because of its high antioxidant content. Incorporating more of this hearty winter staple into your diet could help reduce risk of inflammation-related disorders such as rheumatoid arthritis and asthma. Store whole butternut squash in a cool, dry place (not the fridge) with plenty of ventilation. It should keep for up to three months and cut squash will stay fresh for up to a week, wrapped, in the fridge.

If you haven't already, try introducing it into your healthy eating regime this autumn!

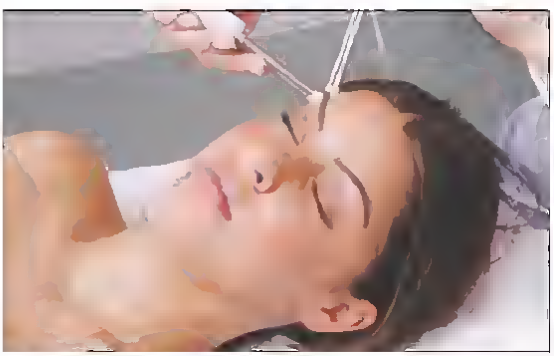
For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528040

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex.

4 fun autumn facts

1. **Apples can prevent Alzheimer's and are a natural tooth whitener.**
2. **The smell of pumpkin pie is a natural aphrodisiac.**
3. **Pumpkins were once used to remove freckles and cure snakebites.**
4. **Bobbing for apples originate Roman times.**

Fabulous at 40!



The natural beauty treatments that are going to make a difference

DENISE KELLY finds out more about non-surgical treatments starting at The Beauty Rooms in Chichester

Diet and lifestyle are the most important things when it comes to looking after your skin as it comes from within, right? Of course it does, but having a little bit of extra help once you reach a certain age can be very useful. (I am going to be 42 in December, so I think I am now in that category!)

Stress, late nights, working hard and sun damage are just a few of the things that can cause skin damage, aging, weakening and dehydration, all leading to a less than perfect complexion. To me, a radiant, glowing, natural as possible skin looks beautiful, so the summer months are the best times for our skin to have that slight glow and radiance. However, we are now coming into the autumn and winter months, and our skin can need a little bit of extra help.

I visited the lovely girls, Jane Bulbeck and Lisa Baldwinson in The Beauty Rooms, Chichester to see what they could offer me. First of all, they used a skin scanner so they could pin-point any problem areas as they work on strengthening the skin. The thing I love most about The Beauty Rooms is their natural approach to skin care. They use Pevonia skin care, along with their Caci treatments, which is what they have recommended for me. Pevonia is 100% natural and 100% organic, and they can treat anything from acne to aging.

It is recommended to have the Caci treatment as a course of between 10- 15 sessions, (3 Treatments per week) with a follow up treatment once every four weeks there after. It works with Micro current lifting and re-educating the muscles, working in harmony with the bodies own bio electric field. It stimulates the blood circulation, which softens and reduces the appearance of lines and wrinkles. Here's the science bit... It increases Adenosine Tri Phosphate levels by up to 500%, increases fibroblast activity by up to 60%, and increases protein synthesis by up to 73% and cell permeability by up to 40%. In other words your skin is going to look more plumped up, hydrated, glowing and less wrinkled! Fabulous!

So I am going along to The Beauty Rooms to see what the treatment does for me and over the next three weeks you can follow my experience to see what difference it makes to my skin.

According to Jane and Lisa 'women are more concerned with stopping the signs of aging and using alternatives to surgery, which is the last resort. It is NEVER too late to try!' They say they have clients in their 70's and 80's coming for treatments as well as women in their 30's.

This year The Beauty Rooms celebrated three years of being open and recently were awarded 'Pevonia Salon of the year 2012'. They have been successful from the onset and have a reputation for fantastic customer service, professionalism and incredible beauty results. These girls know their stuff inside out.

For more information about the Caci non-surgical face treatment and everything else The Beauty Rooms offer please visit www thebeautyroomschichester co uk Or info@thebeautyroomschichester co uk
The Beauty Rooms, 16, Westgate, Chichester, West Sussex, Po19 3EU
Tel: 01243 539571

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Fashion & Lifestyle

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Onesies and leopard print - what men hate about womens' fashion

ONESIES, leopard print and oversized sunglasses have emerged as the fashion fads men hate to see on women. A detailed study of 1,000 men and 1,000 women found men also dislike Ugg boots, hooker heels, jumpsuits and big earrings.

Men also seem to be in favour of the natural look, as cheap hair extensions, cheek piercings, heavily applied make-up and dip-dyed hair were all voted as complete no-no's.

Low hanging jeans, baseball caps balancing on the back of the head and ankle skimmers came top of the list of things women dislike about men's fashion sense.

In addition, women find it a turn-off if they see men wearing salmon pink jeans, socks with sandals, or heeled shoes.

And men are advised to leave the fake tan, earrings and girly scarves at home.

Brix Smith Start, spokeswoman and judge for new TLC TV series Shopaholic Showdown which commissioned the research, said: "As this survey demonstrates, first impressions really do count.

'Men in a beautifully cut suit are bound to make a good impression – Jude Law epitomises chic style and Harry Styles style is current and modern and clearly adored by millions of women.

'No, no's would be three quarter length trousers on men, it's a style that will never work.

"Equally tracksuits with brand names scrawled across them are a heinous crime against fashion."

The study shows women are far more likely to judge the opposite sex by the clothes he has on – 64% of women make judgements compared to 48% of men.

And women are also less likely to accept a date if the suitor is badly dressed – only 47% would accept a date with someone who has bad fashion sense – compared to a less fussy 55% of men.

However, men are marginally more likely to let fashion get in the way of a good relationship, as 11% have dumped a girl just because they couldn't stand the way she dressed, compared to 9% of women.

But this might be because women are more likely to try and change the way a partner dresses by shopping for them, and gradually changing their wardrobe.

Nearly half of women have tried to 'educate' their fella in the fashion stakes by advising him on his appearance.

Men and women agreed when it comes to who has more style women have better knowledge and understanding of what makes a 'good look'.

And men are also more likely to get it wrong when making decisions about their outfit.

When it comes to the ultimate style icons, women would most like their man to dress the same as David Beckham, or failing that, George Clooney.

While men would be more than happy to date someone who dressed like Holly Willoughby, or Kate Middleton.

Brix Smith-Start for Shopaholic Showdown added: "Women like Tilda Swinton always get it right – she is so bold when it comes to clothes and style.

"Holly Willoughby's style is much more conventional so you can see why men love her look."

Fashion women hate on men

1. Jeans hanging too low so you can see the top of boxer shorts
2. Baseball caps balancing on the back of the head
3. Onesies
4. Socks and sandals
5. Ankle skimmers – trousers which are too short
6. Fake tan
7. Spiky earrings
8. UGG boots
9. Lycra
10. Crocs
11. Girly scarfs
12. Heeled shoes (shoes that clop)
13. Earrings in both ears
14. Salmon pink trousers
15. Trousers or jeans with elasticised ankles
16. Low V Neck t-shirts
17. Long necklaces
18. A whole tracksuit being worn at once
19. Short shorts
20. White vests

Fashion men hate on women

1. Cheap extensions
2. Cheek piercings
3. Too much make-up
4. C-string on display
5. Smudgy black eye make-up
6. Hooker heels
7. Chipped nail varnish
8. Doc martins / big boots with girly dresses
9. Onesies
10. Leopard / animal prints
11. Oversized sunglasses
12. Tops which show off tattoos
13. Dip dyed hair
14. Rainbow hair
15. Ugg boots
16. Big earrings
17. Pop socks
18. Jumpsuits
19. Tracksuits
20. Crocs

Horoscopes

Horoscopes from Kimi
11th - 17th October

Aries 21 March – 20 April

Romance is in the air so breathe deeply. If you are single you may find your conquest is not your normal type! Just enjoy yourself and remember opposites can attract. You have a tendency to live now pay later. I'm afraid that won't work this week you need to get down to some planning. Ignore my words at your peril!

Taurus 21 April – 21 May

You are feeling ready for a challenge and have lots of ideas or a business project. Just remember a challenge is one thing, risk another. Don't go laying out any money or signing anything without giving it some real thought. You need to give the object of your desire a little space. Don't be seen as possessive or worse obsessive.

Gemini 22 May – 21 June

You may have been doing too much of late, rationalize your diary and make sure you take time out for relaxation this week. Admit it you can be a little bit flighty and often need more than person to satisfy your needs. But that may all change as that someone special who has it all is on the horizon!

Cancer 22 June – 22 July

Pound the pavement or work up a sweat in the gym. Exercise is a great stress buster and you are in need of it at the moment as you are surrounded by detractors. Stay focused and they may well eat their words as you are about to go through a positive phase where your dreams may will be realized.

Leo 23 July – 22 Aug

Get out and strut your stuff, you cannot lose this week. This week's focus is on the social and fun and invitations abound. If you meet a new love interest this week it's likely to be casual. You may need to confront a family member who is overstepping the mark, be firm but non confrontational and all will be well.

Virgo 23 Aug – 23 Sept

You are in a creative mood right now. You may turn your hand to knocking up some culinary delights in the kitchen or redesigning your home or wardrobe. Whatever you tackle you will bring your natural flair and sophistication to the task. Good week for team building events and making contacts who should prove to be useful to career development.

Libra 24 Sept – 23 Oct

There could be some sort of misunderstanding between you and a loved one or friend. Best to clear the air and try a little humour to diffuse the situation. Remember you are not always right! Money could prove to be an issue this week you may be negotiating a pay rise or contract. Be realistic but assertive.

Scorpio 24 Oct – 22 Nov

If you are in a relationship then this is a time for putting things on a more permanent setting. If single then you are in for a most romantic time as you are magnetic at the moment. This is great but you need to curb any flirtations at work if you want to be taken seriously! And you do!

Sagittarius 23 Nov – 21 Dec

Things may be a little uncomfortable for you either at work or in a social setting. People could be behaving in a way that you do not approve of. As you have to be true to yourself you will find you have no alternative but to speak your mind. You will then discover just exactly who your friends really are!

Capricorn 22 Dec – 20 Jan

Sometimes you wear your heart on your sleeve. Be careful as your feelings may only be the Better to have a little reflection time before you speak out. This week is about partings, at work or in your personal life. Embrace the change as it will be positive but know that this is not the final goodbye!

Aquarius 21 Jan – 19 Feb

You may be asked to take part in some unusual activities this week, sporting, social or charitable and you will be meeting new and interesting people. Could be a mountain trek or sky dive. Don't be scared if you are to do something different. You will be left feeling exhilarated, empowered and with a whole new social circle.

Pisces 20 Feb – 20 March

You may be offered some sort of business partnership, franchise agreement or services contract this week. This could see you playing with the big boys, networking with those who can help with future career development and even bring a romantic interest in to your life. Domestically parents, grandparents or someone older are in need of your emotional support this week.

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South African tourism still winning after the 2010 World Cup

OFFICIAL STATISTICS show that tourists continue to flock to South Africa three years on from the 2010 FIFA World Cup.

According to the tourism branch of the South African government, tourism in the country has continued to grow following the FIFA World Cup in 2010. In the first quarter of 2013 alone, there has been an 8.6% increase in total tourist arrivals to the country. This is an increase that can be compared with year-on-year tourism uplift since 2010.

The FIFA World Cup itself attracted over 300,000 visitors to the country, 60% of which were first time visitors to South Africa. What is also notable is that 90% of tourists who attended the World Cup said that they would seriously consider travelling to South Africa again. One of the main impacts of the FIFA World Cup was raising the profile of the country as a tourist destination, which has certainly been achieved as demonstrated by the continuing growth of the South African tourist industry.

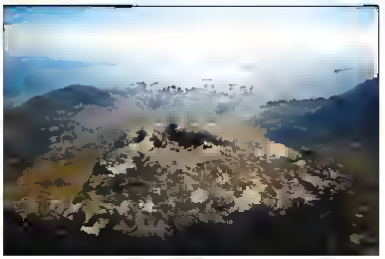
It is also something that has been experienced first hand by James Rosen, a cofounder of South African travel agency, TravelNation.co.za. As a UK citizen, James booked a flight to South Africa for 10 days to experience the World Cup. He ended up staying in the country for 3 years.

"As now part-owner of Travel Nation, I found the country to be one of the most amazing places."

'After years of hearing quite negative things about South Africa in terms of crime etc, I visited apprehensively due to my obsession with football for the World Cup in 2010. I booked for 10 days, I stayed for 3 years.'

Cape Town continues to be the must visit destination for tourists visiting the country. In 2010, the Western Cape was one of the most visited regions and received over 100,000 over the world cup period. In 2012, there were 0.2 million visitors to South Africa, of which two thirds visited the Western Cape.

James Rosen went on to say: "Cape Town sold itself to me in a matter of minutes. The city has a calmness and some of the most beautiful views I have ever seen, which can only be described as mesmeric. I was keen to join with South African locals to promote tourism within the country."



"Its no surprise that its top of many peoples' wish lists to visit. I have no doubt this is due to the increase in exposure and tourism since the World Cup in 2010. I feel blessed to have been given the chance to visit Cape Town, let alone live there for 3 years of my life."

As the global population becomes more aware of South Africa as a tourist destination, the tourist industry in South Africa will continue to grow.

"South Africa is a wonderful place to visit. There is an abundance of activities to do but it terms of wildlife and nature there is nowhere better."

"The rise in South African tourism certainly didn't and doesn't come as a shock to me. It is a country that you can look out at all the wonders of the world. You look left and you can see nature and greenery. Look right you see industry and look ahead, you see the beach and the sea. There are not many places in the world where you can do that."

Croatia hits summer high with UK holidaymakers

299,842 BRITS holidayed in Croatia between January-August 2013, a boost of 24 per cent on the same period in 2012, according to the Croatian National Tourist Office (CNTO).

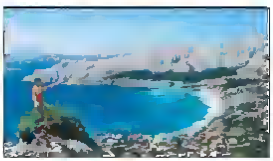
August alone saw 92,001 British visitors to Croatia's shores, its highest figure since the peak of the 1990s and up an incredible 23 per cent on last year's figures.

In total Croatia welcomed 9,131,905 foreign visitors in the same period, a six per cent increase on the 8,583 908 arrivals between January-August 2012.

"We've had a fantastic summer season but there's still more to do if we're to reach our record-breaking visitor figure of 500,000 in 1990," said Tonko Rilovi?, UK and Ireland Director of the CNTO.

"The UK market is incredibly important to us and to maintain this growth we're looking to show British visitors that Croatia offers more than just stunning coastline. We plan to promote our historic cities, eight national parks and the packed calendar of music festivals all year round," continued Rilovi?.

"We will also look to strengthen our position as a top short haul destination in 2014. Our joining the EU this year means it's even easier to travel to Croatia and at less than two and a half hours away from the UK, an affordable family-friendly holiday or an adrenaline-raising active break is actually much closer than you think," he added.



This year has seen a number of new routes, new festivals, attractions and promotions from tour operators, meaning British travellers have even more flexibility and choice when booking a trip to the Adriatic hotspot. New developments in 2013 include:

Jet2 doubling its Croatia product with more regional flights to Pula from Glasgow, Manchester, Newcastle and Leeds.

Unknown Festival and Terraneo joining Croatia's extensive live music line-up this year.

The opening of the revamped four star camping site, Camping Krk, on Krk Island.

Tourdust's launch of a new collection of family adventure packages in Dubrovnik.

The opening of the Zagreb Eye Viewpoint which offers panoramic views of the capital.

Boasting a diverse range of home-grown gastronomic delights, 1,244 idyllic islands and a variety of affordable accommodation including modern hostels, quirky B&Bs and luxurious five star hotels, Croatia is set to welcome even more Brits before the end of the year.

On the water

ALL THE LATEST WATER SPORTS NEWS IN CHICHESTER

Holly surfs to title

A LOCAL girl has competed and won the Ladies division in the BSUPA National championships at Watergate Bay Cornwall. The Stand up Paddlesurf event drew competitors from all over the UK with divisions of men's, ladies and juniors. All entrants have to compete in surf and get judged by a panel of trained ISA judges for wave riding style, wave selection and radical moves.

Holly Bassett has been placed well in previous competitions in the junior section but has never made it through into the final heats of the ladies. This season she was very determined to do her best and get placed in the top three in the women's division. The heats last 20 minutes each so it's making the most of the waves that come through and the style of riding the judges are looking for. Holly competed on the Saturday and won her first heat, on the Sunday morning the women's final was held but the result was not disclosed until 5pm at the prize giving. Other riders locally who did very well at the competition included former BSUPA British Champion Neal Gent, who was knocked out in a closely fought quarter-final whilst Matt Argyle made it through to the semi-finals.

Stand up Paddlesurfing (SUP) is now regarded as one of the UK'S fastest growing water sports – there has been a strong SUP scene in West Wittering where Holly trains with her dad Simon Bassett (Head Trainer BSUPA) who also owns X-train based at West Wittering beach and 2XS, an online water sports and SUP store.

Simon Bassett said: "At the prize giving we were surprised as the names were read out we realised she was in first place we hadn't expected this, not only had Holly won the Junior under 10 girls, she had won the women's and was awarded The Watergate Bay Water Women award for 2013-now we have a British Champion in the family it was emotional!" Holly now has a place at the International Surfing Association World championships in Nicaqura in February.

To see more pictures of the event go to www.facebook.com/2xs

Photos by Simon Bassett and Bob Barry) Holly in action at Watergate Bay Cornwall

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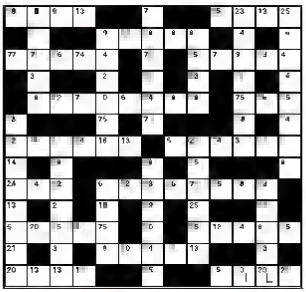
Brain Gym

No.139

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20 L
8	21
9	22
10 I	23
11	24
12	25
13	26

Last week's solutions:

1 I	2 C	3 X	4 H	5 Y	6 K	7 E	8 R	9 V	10 O	11 O	12 S	13 U		
14 O	15 W	16 J	17 M	18 F	19 P	20 L	21 Z	22 T	23 A	24 G	25 B	26 N		

Wordsquare

V	G	T
B	L	E
A	E	E

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average;
20 words - good;
25 words - very good,
30 or more - excellent.

Last week's solutions.

aboard abort, aborts abroad beserk arbor base bard bars bast bats, boar board boards boost boat boats, brad brot broad bsks, dobe drab robs, sabot, sabra serb stab strat tabard, tabor tabs

Double Crossword

Choose either quick or cryptic clues

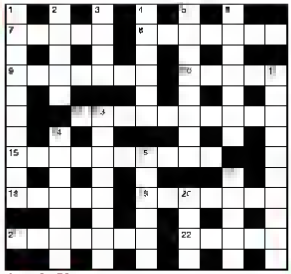
Cryptic Clues:

Across

7. It's drunk to a saint (5)
9. There's no let up for the rich (7)
9. Insect swallows fruit for nourishment (7)
10. Not seeing a window screen (5)
12. Will it give a ghostly light? (6,4)
15. Nominally it forms a loose attachment (3-2,5)
19. Make a score (5)
19. Eavesdroppers at low degree (7)
21. It's racier as a poison (7)
22. Time for music (5)

Down

1. Tear things to pieces, and put them in order again (10)
2. It's the custom to put it on (5)
3. It may spoil the look of a lid (4)
4. Can he carry his drink? (6)
6. How to get browned off (8)
8. Point wrongly claimed (7)
11. Cause of dejection in weatherman? (10)
13. Liking for a swan-ning (8)
14. He knows the drill presumably (7)
16. A portion for each (6)
17. It burns Alf up, then me! (5)
20. This nation is sound (4)



Quick Clues:

Across

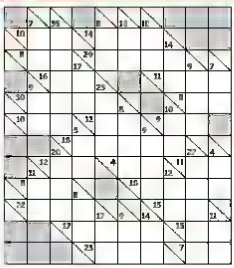
7. Damp (5)
9. Calculate (7)
9. Unfathomable (7)
10. Centre (5)
12. Tyranny (10)
15. Inexpert (10)
18. Call forth (5)
19. Withdraw (7)
21. Deliberative assembly (7)
22. Awaken (5)

Down

1. Spotless (10)
2. Prophetess (5)
3. Check (4)
4. Of the eye (6)
5. Stress (8)
6. Crazy (7)
11. Unable to speak out (6-4)
13. Sham (8)
14. Bold decorative style (7)
16. Seldom (6)
17. Indistinct (5)
20. Weary (4)

Last week's solutions
CRYPTIC Across 1 Barometer 8 Use 9 Train driver 11 Unarmed 12 Reign 13 Menace 15 Leader 17 Rules, 18 Succeeds 20 Logically 22 Elm 23 Dispenser Down 2 Air, 3 Mum 4 Trade 5 Revere 6 Hurried mess 7 Seeing red 10 Against time 11 Unmanned 14 Castles 16 Usages; 18 Crashs 21 Lie QUICK– Across 1 Transient 8 Owe, 9 Destruction 11 Penance, 12 Ideal 13 Roused 15 Anger 17 Erase 18 Vacant, 20 Intersect; 22 Act 23 Dressings Down 2 Rise 3 Siren 4 Eschew 5 Trivial 6 Confederate 7 Recollect 10 Singularity 11 Perpetual 14 Erected 16 Aviaric, 19 Learn, 21 Nag

Kakuro



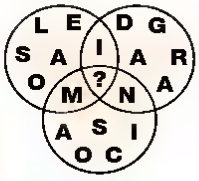
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solution

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is W. Crossbow Tomahawk Howitzer All weapons

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

		L		
I				
			S	
				T
	E			

A

P	E	S	T	A
T	O	P	A	N
I	T	E	T	H
N	I	N	E	L
S	E	O	L	E

B

Last week's solutions
Older Leave Dales Event, Rests

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions -> From left to bottom: Simple, Intermediate, Difficult

Simple

		1	8				2	
	5	2		7		3		
8			2		5			7
7		4			2	5		
5	9			4			6	1
		6	9			7		8
4				9	6			3
	6	7		1			5	
			5		3	4		6

Intermediate

2			6	8		3		5
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		7		4	1			6

Difficult

			9	4			8	6
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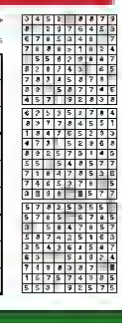

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First time buyers warned to beware before jumping into Help to Buy

THE SECOND PHASE of the Help to Buy scheme has now been launched in England and so far only the tax payer-backed banks have announced their rates and are taking applications.

RBS and Natwest are offering a two year, fixed rate mortgage beginning at 4.99% for those with a 5% deposit, with no fee, while Halifax will be taking applications in a few days at a rate of 5.19%, for those who have a 5% deposit, but with a fee of £995.

Other major banks and building societies such as HSBC and Virgin Money said they would join the scheme in a few months.

Gocompare.com's mortgage expert, Steve Williams said: "It speaks volumes about Help to Buy that other major lenders haven't signed up to the scheme yet. There is a definite sense that they are waiting to get some clarity on how the scheme will work and to see how many people apply for the mortgages.

"A 95% loan to value mortgage is very rare in the current market, but the rates on offer are still relatively high when you consider that there are other deals out there at the moment offering interest rates as low as 1.99% to 2.5% for a two-year fixed mortgage. However, to get that rate you would need a 65% to 75% deposit."

Steve added: "Even if you haven't got a large deposit you still need to shop around, examine the market, get some expert advice and make sure that this is the right mortgage for you.

"But, if you have already saved as much as you can for your deposit, and a 95% mortgage won't stretch your monthly outgoings, then Help to Buy is definitely worth considering, but go in with your eyes open. This scheme isn't a panacea for the housing market and it may not be for you either."

House price growth accelerates in September

UK HOUSE PRICES increased by 0.9% in September and were 5.0% higher than September 2012, according to the Nationwide House Price Index.

Commenting on the figures, Robert Gardner, Nationwide's Chief Economist, said: "UK house price growth accelerated in September, rising by 0.9% over the month. As a result, the annual rate of house price growth rose to 5%, the strongest pace since July 2010. There are also signs that the pickup is becoming increasingly broad-based. For the first time since 2007, all thirteen UK regions experienced annual house price growth in the third quarter of 2013. However, the southern regions of England continued to see the strongest rates of growth – especially London, where the annual rate of growth reached double digits in the three months to September.

The gap between house prices in the North and the South of England reached a new high in Q3, rising above £100,000 for the first time. The typical property price in the South of England is now 74% above its Northern equivalent.

The acceleration in house price growth from the subdued pace prevailing throughout 2011 and 2012 has been surprisingly quick, though house prices are still some way below their previous peaks in most parts of the country. Overall, UK house prices are still around 8% below their 2007 highs. However, there is still significant regional variation, with prices in Scotland, Wales and the North of England around 12% to 14% below their previous peaks, while in many southern regions prices are 5% to 7% lower. Only in London are prices at an all time high, 8% above the previous peak."

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One in four homes harbouring a 'clutter-room'

BRITAIN has become a nation of hoarders—with as many as one in four homes now boasting a 'clutter-room', it has emerged. A study found millions of us use the spare room to 'put away' outdated gadgets, furniture or other belongings which we can no longer find a use for or which we have upgraded.

But the report also found we are torn between keeping our junk, and throwing it out—with as many as seven out of ten adults admitting being 'stressed out' by clutter.

And around nine out of ten of those who took part in the study of 1000 adults said they aspired to lead less-cluttered lives.

The figures emerged from a European study which also revealed British women find clutter harder to cope with than their foreign counterparts.

Spokeswoman Anastasia Roumeliotof for Ariel, which commissioned the report to mark the launch of their Ariel 3in1 Pods, said: "The amount of accumulated clutter in the UK is amazing.

"It can fill up more than 6 million rooms with unwanted items."

The study also found one in four women now buy multifunctioning products to save space.

Get more from your windows with the latest generation in glass

NEW 'GLAZING OPTIONS' from Saint Gobain Glass (SGG) will allow UK homeowners to purchase window glass specifically designed to create the perfect living environment for their property.

The new window Glazing Options, which are available through most Plaintherm window installers, offer many additional benefits to the energy saving potential already provided by modern double glazing, from added warmth during the winter, through to UV protection, extra security and increased acoustic comfort. What's more, homeowners can also achieve enhanced energy efficiencies, warmth and comfort through a number of the options, including a triple glazing choice. The benefits have been made possible through a number of unique glazing coatings which are applied to the window glass during the manufacturing process.

There are six Glazing Options available – Standard, Comfort, Energy, Security, Platinum and Ultimate – each offering a step-up in benefits from the previous, meaning homeowners can choose the perfect solution for their property and lifestyle.

Craig Dodsworth, residential marketing manager for Plaintherm, says: "The Glazing Options range has been created entirely with consumers in mind, offering homeowners the chance to make an informed choice about

glazing based on their property orientation and size, and their lifestyle. By selecting the appropriate glass configuration, homeowners can improve their living environment, by creating a perfect combination of comfort, safety and energy efficiency.

"For example, the Energy option incorporates triple glazing, providing a highly energy efficient solution, whereas the Security option adds extra safety and security, meeting the Secure by Design standards, as well as enhanced acoustic protection from outside noise."

Pricing depends on many variables, including not only the Glazing Option selected but also the number and size of windows being fitted, as well as the choice of fixtures and frames. Homeowners should consult a reputable installer for advice on which option is best for their property and for an accurate quote. They will be equipped with a variety of tools, including the Glass Compass App from Saint Gobain Glass, which will help them select the ideal Glazing Options for your home.

For more information on how to make your window glass do more for your home, visit plaintherm.com.

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VICTORIA REVEALED is the first permanent story of Queen Victoria. In her own words, her story from childhood to old age will reveal her intimate private life set against her regal role and the conflicts this caused and dedication required of her as a person.

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CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach G.F.H., u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating: E

FORD **£795,000**

A detached cottage style house set in approx. two acres of ground offering superb sweeping rural views. The property has potential for further development & required: Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 2# timber garden store. EPC Rating: E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marina estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation: G.E.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach. The very well presented property includes a spacious entrance hall, cloakrm, a living rm, good sized conservatory/dining rm, kit/breakfast rm, utility rm, gr fl bedrm with en suite bathrm, further gr fl bedrm/study, first floor bedrm with en suite shower rm, family bathrm, detached dble garage with study/office over, secluded Southerly gardens. EPC Rating: C

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marina estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes: g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING: C

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul de sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes: gas fired heating, dble glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom, parking & rear garden. EPC RATING: D

ALDWICK **£130,000**

A one bedroom close care apartment in the grounds of the Royal Ray care and nursing home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room. EPC rating is C

Motors

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Your car, your responsibility

WE ALL take responsibility for the food and drink we put in our bodies, but a new study has shown that motorists shy away from taking charge of which oil goes into their car's engine.

Comprehensive new research of 1,000 UK drivers conducted on behalf of Mobil 1 has revealed that a worrying 96% say they either don't care which oil is used in their car or simply go with what a mechanic recommends. More worrying still, even if they did care about this, 65% of respondents said they wouldn't know which oil viscosity grade was recommended by their vehicle's manufacturer anyway. An even larger percentage (69%) were ignorant as to which brand is recommended by their car's maker.

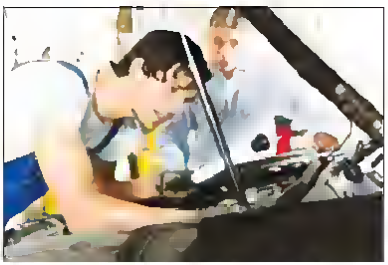
Choosing the right engine oil for your vehicle is vital in terms of the level of protection on offer. Conventional oil is simply refined crude oil. Synthetic oil, however, is not only refined, but it is also distilled and purified. This helps to provide better protection against wear, high heat, cold weather and sludge build-up. Ultimately, this process helps your car's engine run better for longer.

Tim Shallcross, Head of Technical Policy at the Institute of Advanced Motorists (IAM), said: "Engine oil works in the harshest of conditions. It must keep lubricating, cooling and cleaning your engine while being constantly hammered by huge pressures and exposed to temperatures ranging from the sub zero of a midwinter cold start to the searing heat of the combustion chamber. Manufacturers know the demands placed on the oil and that is why they are so specific in the grade and quality they recommend."

Further, the research conducted as part of the Mobil 1 survey found that more than a third of drivers (36.2%) have no knowledge of the difference between mineral and synthetic engine oils.

Throughout its 40-year history, Mobil 1 has been at the forefront of synthetic automotive lubrication innovation. Constantly developed to exceed industry standards, Mobil 1 is the world leader in the field of synthetic motor oil with an outstanding heritage. Furthermore, two out of three UK consumers experienced fuel economy benefits when using Mobil 1 as their preferred engine oil. Using advanced Mobil 1 can increase the life expectancy of your engine which means you're protecting your investment.

Tim Shallcross, Head of Technical Policy at the Institute of Advanced Motorists (IAM), added: "Responsible owners must take an active role in their vehicle's health and wellbeing by using the right components to keep the vehicle running safely, cleanly and smoothly, and oil is one of the most important components to get right. The wrong grade or specification can increase engine wear dramatically, risking expensive breakdowns as well as affecting the car's value."



Commenting on the study's findings, Dan McGoldrick, Field Marketing UK, Nordic and Benelux for ExxonMobil Fuels & Lubricants, makers of Mobil 1 said: "You don't need any expert automotive knowledge to get involved with decoding what engine oil should be used. Do a little research, talk to your mechanic and express a preference. It's your car and your money, and using the right engine oil will make both go further."

Knowing what engine oil your car needs is a vital part of that decision making process. The Mobil website mobil1.co.uk has a helpful 'oil selector tool' for motorists. From the homepage click on 'car engine oils', then 'which oil for my car' to access the search function where users simply need to input their vehicle registration number in order to discover which oil to use.

Back in 1974 when Mobil 1 was launched, it was the first widely available automotive synthetic lubricant on the market. Today there are other synthetic products, but Mobil 1 is still acknowledged to be the most advanced.

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Insurance premium excesses put Brits off claiming

OVER THE last three years, 7.4 million Brits voluntarily increased the excess on a car or home insurance policy when purchasing the cover, in order to lower their premium, according to research from Sainsbury's Bank. However, 21% of those subsequently involved in an incident hadn't considered the implications in terms of the additional outlay, at the claim stage.

Most insurance policies will specify a standard excess which is the minimum amount to be paid in the event of a claim. It is now common place for insurers to also offer the option of adding a voluntary excess. This means new policyholders can choose to add an additional excess on top of their compulsory excess, increasing the amount that they will need to pay when making a claim. Opting to add a voluntary excess can have a favourable impact on the policy's premium and can make a significant difference to monthly premium payments.

The supermarket bank's research findings reveal that, over the past three years, 15% of adults have voluntarily increased the excess on their car or home insurance policies in order to reduce the premium, increasing their excess by an average of £327.

Sainsbury's Bank is encouraging motorists and homeowners to fully consider voluntary excess options as part of the whole picture. It's a good idea to look into whether upping the excess will make a valuable enough saving on a premium and, if it does, is the motorist / homeowner comfortable with the additional outlay, should they need to make a claim on their insurance policy?

Ben Tyte, Head of Insurances at Sainsbury's Bank, said: "Insurance is there to assist you when you need it most. If you're thinking about selecting a higher excess to reduce your monthly premium, be sure that this won't cause you any financial difficulty when it comes to making a claim. For example, if you later feel that you can't justify a claim in relation to the excess, this could be an unnecessarily stressful and expensive experience. We'd encourage homeowners and motorists to think carefully about the excess they select on their policies, as well as ensuring they choose good quality cover."

13% of car and home insurance policy holders who voluntarily increased the excess on their policies have suffered an accident or damage to their car or home that they could claim for under the terms of their policy. However, one in three of these people (35%) said it wasn't worth making the claim as they had raised the excess too much.

Nearly four in 10 of those who suffered an incident (38%) made a claim but had to use their savings to cover the excess, 16% had to use their credit card to pay the excess and 16% had to borrow money from a friend or relative to do so.

Ben added: "Those considering raising their excess should also consider other ways to reduce their insurance premium, for example, investing extra time in shopping around for the best cover at the most competitive price and looking for discounts and benefits."

New Sainsbury's car insurance customers could benefit from prices as little as £224 and Sainsbury's customers with a Nectar card could also receive double Nectar points on their Sainsbury's shopping and fuel for two years. Offer ends 9th September 2013.

New home insurance customers could benefit from a discount of up to 50% if they have been claim free for five years and those customers with a Nectar card will also receive an additional discount of up to 15% on their premium. Customers purchasing combined buildings and contents cover directly from Sainsbury's Bank (over the phone or online) also receive 5,000 Nectar points.

For further information on Sainsbury's car or home insurance, visit sainsburysbank.co.uk

Ford tests cars that park at the touch of a button

FORD HAS revealed technology developed to enable drivers to park at the touch of a button from inside or outside their car, as well as a prototype that combines automatic steering and braking to avoid collisions with vehicles or pedestrians.

Ford's Research and Advanced Engineering division harnessed developments made with existing Ford technologies, Active Park Assist and Ford PowerShift transmission, to produce a Ford Focus equipped with the prototype Fully Assisted Parking Aid system (youtube.com/watch?v=dQjntXvMVTE&feature=youtu.be).

The next-generation push-button parking technology – that can even be operated from outside the car by remote control – operates steering, gear selection and forward and reverse motion.

Ford also unveiled Obstacle Avoidance technology (youtu.be/nYLwJY3CU18) on the Focus, which issues warnings if it detects slow-moving objects, stationary obstacles or pedestrians in the lane ahead. If the driver fails to steer or brake following the warnings, the system automatically steers and brakes to avoid a collision.

"The future for Ford means developing innovative products and technologies – including Fully Assisted Parking Aid and Obstacle Avoidance – that help deliver a safer, more convenient, more desirable, more personalised and greener driving and ownership experience," said Barb Samardzich, Ford's European Product Development vice president.

"Ford Motor Company has always been one of the world's leading pioneers and forward-thinkers. From the introduction of a whole new way of mass producing cars 100 years ago to the advanced safety and convenience features unveiled today, we continue to set the template and define the future for drivers and the automotive environment."

Ford's futuring experts have identified an increasing consumer demand worldwide for technology and features which make life easier and safer.

"Car buyers are placing a growing emphasis on the ownership experience, on purchases that keep them connected on the move – trends that will have an effect on the vehicles, features and services they will choose in the future," said Sheryl Connelly, Ford Global Trends and Futuring manager.

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Straight from the commentary box

Their new training ground and academy is "critical" to the club's future

Johnny Cantor

It's been a frustrating few weeks for the Albion supporters with injuries hampering their progress on the pitch. I think the phrase is 'muddle-diddle'. Going into the International break the Seagulls are 7 points off the play-offs and 7points from the relegation zone. The defeat to Forest further highlighted the need for a loan striker with the recovering Leonardo Ulloa ruled out for 2 months. My colleagues at BBC Nottingham joked how the Albion could do with one of the pool of forwards available at their club. They are probably right and stranger's things have happened true with out-of-favour Dexter Blackstock one possible target that would fit the bill as he doesn't even make the bench. All this is of course short term and the situation on the long-term off the pitch looks much rosier.

The media were allowed access to the training ground project and it looks as impressive as any I have seen at other clubs. It's difficult to argue with chief executive Paul Barber who says their new training ground and academy is "critical" to the club's future. The £30m facility at Lancing is set to be completed next summer with construction due to be finished 27th June next year – three days before Brighton's players report back for pre-season training ahead of the 2014-15 campaign.

The project is creating jobs and will also make it easier to attract and retain young players. Young players from Sussex. The news of another £55m being invested at the Amex is also a major boost and can secure a home that can generate revenues to help matters and finances on the pitch.

On a trip to Manchester this week I was shown a famous picture of a Lowry painting of fans streaming to a football game. Sometimes you have to stand back from a painting to appreciate it fully. If fans take a step back and look at the overall picture at the Albion they will see an impressive set up. Players will recover from injuries and I'm sure the results will keep them in contention but the infrastructure is nearly there for decades to come.

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Football

Hegarty off as City crash

Saturday 5 October 2013
Sussex County League Division One
Chichester City 1 — 3 East Grinstead Town

By Chester Browton

CHICHESTER were left frustrated at the decisions of the officials, losing 3-1 to East Grinstead and finishing the game with ten men.

The problems began in the 11th minute when Wasps' hot-shot striker Sam Schaaf broke clear and sent a sublime lob into the net. To most spectators, Schaaf was several yards offside, although Grinstead coach Adam Simpson said afterwards he thought the left-back on the opposite flank had played him on.

But the incident seemed to unsettle the Chichester players for the rest of the afternoon with several other decisions from the officials being brought into question.

City's best chance of the first-half arrived on 20 minutes, when Joe Gromett knocked the ball from close range but keeper Callum Christie saved with his legs.

Immediately after the interval, Grinstead stamped their authority with two quick goals. Michael Bell stretched to receive a cross from the right and poked the ball home through a crowded goalmouth, and then a great delivery from Schaaf enabled Marc Pelling to head in their third goal.

After this, the Wasps' play became lazy and the rallying Chichester side pulled one back on 54 minutes, Dan Hegarty netting following a Tom Groom corner.

A forceful cross-shot from Frazer Smith had to be tipped away by Christie on 64 minutes and for a brief time it seemed Chichester weren't beaten yet.

However, the closing stages degenerated into stop-start football with a series of City bookings for petty offences. And when Hegarty fouled Matt Geard with 7minutes remaining he was shown a second yellow card and it was all over.

City: Ender, Heath, F Smith, Boniface, Hegarty, Case, Groom, Cody, Gromett, Killner, Burbridge. Subs: van Driel, Hibbert.

Softball

Trophies presented as Falcons gear up for winter

CHICHESTER FALCONS SOFTBALL CLUB enjoyed a busy post-season schedule — and it wasn't all softball either.

The Solent League's annual 'Lastball' tournament in Portsmouth featured a new format which entailed two separately graded one-day events, for A/B grade and G/D grade teams respectively. The stature of the Falcons squad makeup enabled them to enter a separate team into each tournament day.

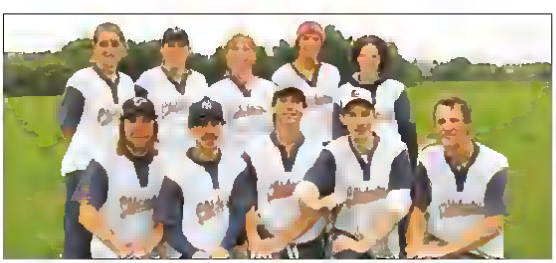
Day one saw the cream of the Falcons crop go in as underdogs against teams with numerous A grade and NSL players. First up were MSC Royals who were duly dispatched by the Falcons 10-7, much to the disbelief of their onlooking Solent League rivals. After an hours' break to calm down and regroup, the Falcons took on local Division 1 side Gosport Killa Whales. Familiar with the Whales' big hitting tactic, the Falcons outfield set out their stall to catch any flyball attempts, and the plan worked. Time and time again the Whales tried to hit big, either slicing the ball to the infield or providing easy snags in centre field. The Falcons contrasting batting style worked well as ground balls and choppers got them around the bases to frustrate the Whales who ultimately put nothing on the board, leaving the Falcons to win the game 7-0.

Sadly the Falcons could not maintain their run and went on to lose the next matches to Vampire Batters and Nino Pravado Captain David Morris said, "Finishing fourth out of seven teams well above our usual grade surprised everybody, not least ourselves."

The second tournament day saw the Falcons development squad with a sprinkling of beginners take on three other softball teams of a similar ilk. Initially the Falcons struggled as they found that the standard was somewhat higher than the tournament grading guidelines would suggest, but they eventually found their feet against Oxford Beavers and earned themselves a spot in the playoffs. Sadly their next deciding match was something of a mockery as their opponents hurriedly rounded up several high-graded ringers before the game, and predictably outplayed the Chichester side. Nevertheless the Falcon fledglings went home tired and happy, having helped make a good account for the club in a full weekend of softball.

The following weekend brought a new sport altogether to the city. The Falcons' James Glarke teamed up with the Solent Softball League to host the first ever Kickball Tournament, to raise money for the currently unfunded GB softball teams, at Chichester University fields.

Kickball is a cross between football and softball – the ball is football sized and fairly soft, and the 'batter' must kick it rather than hit it with a bat. From that point on, the rules are the same as softball. Kickball is predominantly played at US schools in PE.



Falcons La[illegible]Gal T[illegible]rament Squad Sa[illegible]k [illegible]ck Cattle, Lucy Morris, Emma Brown, Amelia Peacock, Sarah Cormack. Front row) Ben Sawkins, Dave Piesse, Dave Morris, James Wheeler, Matt Tebb

The tournament was comprised of three Solent Softball League teams – The Falcons, Baffins Brewers and Southsea Sharks. Two players from Brighton Beachcombers also came to help make up the numbers, plus Stan Doney from BaseballSoftballUK brought his enthusiasm and skills to fill in as required through the day.

The day was a great success and well enjoyed by the teams, who found their softball skills mostly irrelevant – the size of the ball alone caused mayhem on the field and the usual big-hitting characters found themselves levelled with everybody else, bringing some hilarious antics and spectacular mis-haps. Overall the event raised over £200 for GB softball.

Finally the Falcons' end-of-season party was held on Saturday 5th October, where Amelia Peachment, Emma Brown, Dave Piesse, Ben Sawkins and Matt Tebb all picked up MVP awards, Jason Mercer and Vicki Gathie took the Player of the Year awards, and Sam McGann and Vicky Reynolds each scooped a Golden Balls trophy.

The Falcons now look forward to an indoor winter campaign and will begin training on Friday nights at Chichester College from 18th October. Anybody who wants to try softball and join the Falcons should contact chichesterfalcons@gmail.com or visit www.chichesterfalcons.com

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